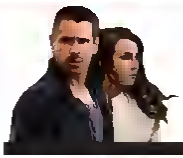
Chichester Herald

Friday 10th May 2013
YOUR FREE WEEKLY NEWSPAPER

INSIDE

I always slow down a bit in case there's a wicket!
TOMMY BOYD
Page 4



Win tickets to see Dead Man Down
COMPETITION
Page 16

Fenugreek – Your health and body benefits!
HEALTH & BEAUTY
Page 22

Transformed by art

>> *100 Venues across the area showcasing many types of artwork*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER CITY may be well known for its history but this ancient city which also embraces contemporary design with aplomb.

The Chichester Street Art Festival 2013 this week sees the creation of an outdoor gallery with 14 giant public murals by some of the biggest names in international street art flying in from around the world from as far afield as Brazil and South Africa.

Over 140 artists and makers have now also opened their studios to the public, offering the opportunity to explore a series of trails radiating from Chichester to the Witterings, Bognor, Ford, Slindon, Charlton, East Marden and Emsworth.

But the street artists are brightening up Chichester's city walls in their own unique style.

ROA, a Belgian street artist known for his monochrome animals and birds which have appeared on buildings from New York to Warsaw, has spent the weekend creating two feathered friends on the rear of Rawon House, the head office of estate agents Henry Adams.

Simon Smith, partner of the firm, said: "It's been great to have ROA at work on our building and inspirational to see how the painting has developed over the past few days – thankfully the weather's been perfect for everyone to come and enjoy the new artworks throughout the town. There's always a lot to do in Chichester but this year's Street Art Festival has really brightened up different areas. We've seen so many people out and about spotting the different creations and rediscovering their city. We're proud to be part of it all!"

Continued on page 3

Henry Adam's building has been turned int[illegible]

MORE HEADLINES >>

CHLOE'S OPERATION A SUCCESS! Page 3

CHICHESTER CHILDREN GET GREEN FINGERS WITH NEW INITIATIVE Page 12

TOP MICHELIN STAR CHEF WOWED BY LOCAL HERB NURSERY Page 14

NO JOINING FEE!
PLUS ONE MONTH FREE!
MAY ONLY*

Join the Nuffield Health Summer Challenge. We will get you fitter and healthier this summer – if not simply walk away with no obligation

SEE PAGE 12 FOR MORE INFORMATION

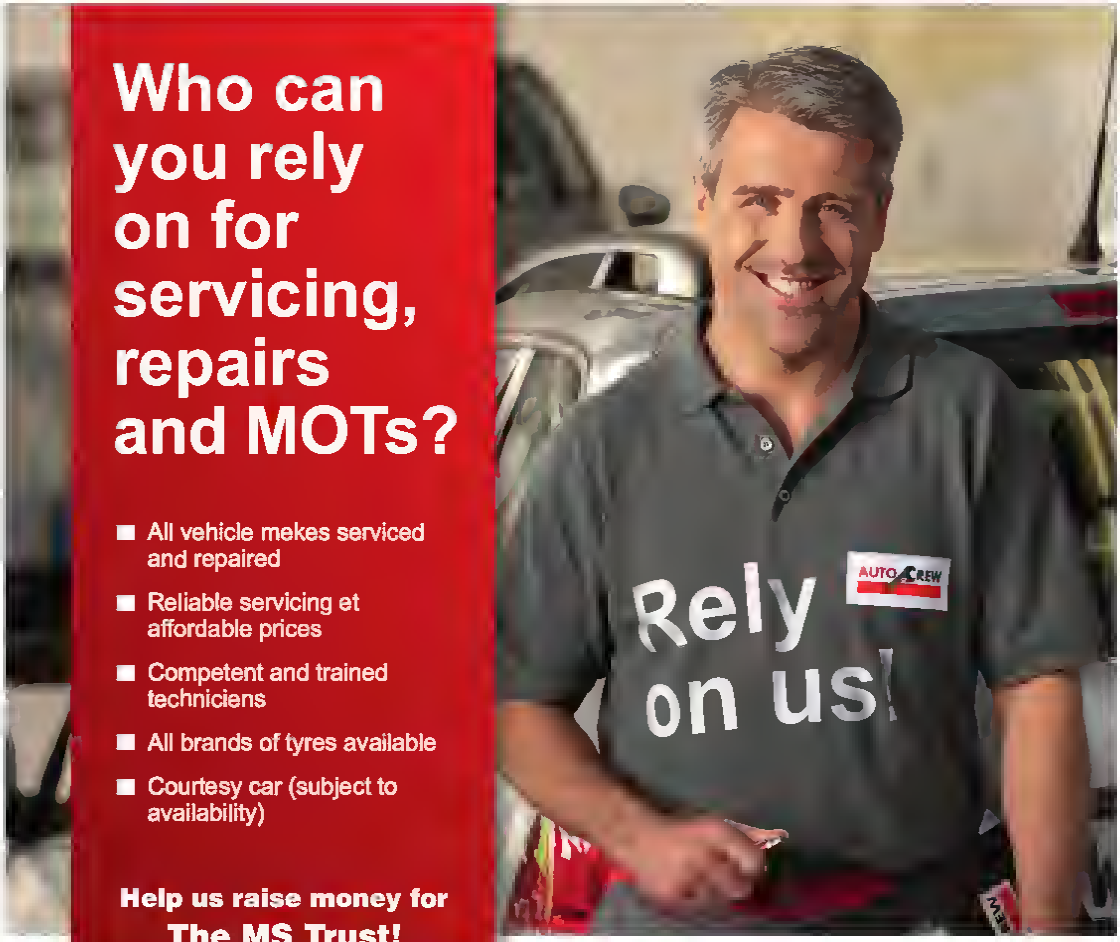
Nuffield Health fitness & wellbeing

Woodland Crafts
South Downs Wood Fair
New for 2013 Food Hall
at the Queen Elizabeth Country Park
Gravel Hill, Horndean, Hampshire PO8 0QE
Just off the A3 between Horndean and Petersfield, East Hampshire.
FREE Parking
Saturday & Sunday
July 13th & 14th
10am - 5pm
Fascinating displays and demonstrations
Entertainment and activities for all ages
Traditional skills, tools and equipment
CRAFTS Marquee
Adults £7.00 | Seniors £6.00 | Accompanied under 16s FREE
For details of all our events
www.woodlandcrafts.co.uk
Tel 01243 641306 E: info@woodlandcrafts.co.uk

WANTED URGENTLY
SCRAP GOLD BROKEN JEWELLERY WATCHES ETC
TOP PRICES PAID
Lowery Jewellers
74 North Street, Chichester, West Sussex PO19 1LQ
Tel/Fax: 01243 789518 • Email: lowery@btconnect.com

Who can you rely on for servicing, repairs and MOTs?

- All vehicle mekes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained techniciens
- All brands of tyres available
- Courtesy car (subject to availability)



Help us raise money for The MS Trust!

We are raising money for The MS Trust by taking part in MS circuit challenge at Goodwood on Sunday 12th May.

Please sponsor us at:
www.virginmoneygiving.com/team/Rewautoservices

Rew Auto Services Ltd
Unit 13 East Mead Industrial Est. • Lavant
Chichester • West Sussex • PO18 0DB
Tel. 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices.co.uk

BOSCH
AutoCrew
A Bosch Automotive Workshop Brand

AUTO CREW

FOLLOW US ON TWITTER
@chiherald

Local News

Credit: Katy Lascelles Chichester Copywriter (www.Chichestercopywriter.co.uk) Follow twitter.com/FestOfCh and Facebook www.facebook.com/FestivalOfChichester to see further images and details of the art trail

Continued from page 1

ROA's artwork can be seen at the rear of Rowan House, Jeffins Lane, Chichester, and you can see plenty more as you walk around Chichester and the surrounding area.

You have the opportunity to see artists displaying and creating their work.

There will be painters, printmakers, potters, weavers, photographers, jewellers, woodworkers, sculptors, textile artists, stained-glass workers and more showing their work, and available to answer any questions you may have about their techniques, inspiration and processes.

This is always a hugely enjoyable event for both artists and visitors.

Trail Guides are available from the Council offices, Tourist Information Offices and from The Coin Gallery and Oxmarket Centre of Arts. Guides will also be available at each venue during the event.

Entry is free and more info can be seen at www.chichesterarttrail.org/index

Chichester named in top 10

TO CELEBRATE the start of the summer holiday reading season, Amazon.co.uk has revealed its third annual list of the Top 10 Most Well-Read Towns and Cities in the UK. The ranking was determined by compiling sales of all books, magazines and newspapers in both print and Kindle format since June 1, 2012, on a per capita basis in cities with more than 20,000 residents. The Top 10 Most Well Read Cities are:

1. HUNTINGDON
2. DONCASTER
3. ROCHESTER
4. SEVENOAKS
5. CAMBRIDGE
6. TRURO
7. SALISBURY
8. SPALDING
9. CHICHESTER
10. NEWTON ABBOT

"As the summer reading season gets into full swing we're excited to announce that bookworms in Chichester have featured in our 'Most Well Read' list this year," said Jerrit Van der Meulen, Vice President, EU Kindle.

To help contribute to their city's well-read status and find their next great read, customers can visit www.amazon.co.uk/books and www.amazon.co.uk/kindlebooks

Chloe's operation a success!

AFTER MANY months of fundraising, Chloe finally has her new legs.

Her family contacted Spirit FM – who are running many events to support her – on Tuesday to say Chloe is elated after having the operation earlier on Tuesday (7 May).

A selection of the nerves in her spine were cut as part of her treatment to correct her cerebral palsy.

The Spirit FM appeal has raised thousands of pounds thanks to support from listeners across the county.

Post-operation, Chloe is now expected to spend three weeks in Bristol's Freedom Hospital.

Before she left she told Spirit FM that not even a hospital stay will get her off doing homework. "My college has actually set it up so that it's all on the internet so I can just pull it off there and continue my work from my hospital bed.

"But the first week is literally about my recovery and I won't be doing any work because at that moment in time, my recovery is the most important thing."

Since launching the appeal Chloe's New Legs in February, listeners have been organising fundraising events as well as making donations. On Spirit FM's 17th birthday, the radio station raised just over £4,000 with an on-air auction.

Mother Sue Humphrey says the operation will change her daughter. "It will change for the better, it means I will be able to spot her in a crowd because she doesn't walk so well at the moment.

"She'll be stood upright for the first time ever and she's going to be taller than me! That's going to be very strange."

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

The distance around Chichester's City Walls is one and a half miles (2.4 kilometres) and you can take a leisurely stroll around them in less than an hour.

PRIVATE NURSING HOME FOR THE ELDERLY
WESTHAMPNETT HOUSE
everything matters!
Well known in the area for providing a high level of care Westhampnett House is set on 3.5 acres of West Sussex's finest parkland on the outskirts of the historic city of Chichester
Boasting its own listed Dovecote, Pond, Apple Orchard, and Stunning Gardens, the handsome Grade II listed Georgian building together with later additions provide an idyllic setting for the nursing and recovery of the 32 residents that our Home caters for
We promise good warm old-fashioned care and hospitality. Come and visit us to experience this. We offer Full Nursing Care, Respite & Short Stays
Westhampnett House, Stane Street, Chichester, PO18 0NT
Tel. 01243 782586, Fax 01243 778935, admin@westhampnetthouse.co.uk

Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@independpress
"So #Chichester is beautiful I will have to visit again! Very nice to see so many people turn up for the talk :)"

@FestOfChi
"Want to know more about #chichester then don t miss the city tours run by qualified guides throughout the festival"

@BritishMonarchy
" The Duke of Kent tours the headquarters of Rolls Royce Motor Cars in Goodwood, near Chichester "

@IsabelAshdown
" Everyone welcome! As part of Adult Learners' Week in May I m running a free book talk & Q&A @Chi_College #Chichester "

@AgentMarsden
"5 Stars in the Guardian for Chichester's The Pajama Game featuring @sainou's @ urban_truth "

Follow us: @chiherald

I always slow down a bit, safely, in case there's a wicket!

Tommy Boyd

SHOPS IN CHICHESTER
Fanning out from the Cross your visiting shopper is alright for jewellery mobile phones coffee And fancy shoes which seem to be the big thing just now The ebb and flow of shops reveals all about the economy and ourselves

MAHAGEMENT
English people generally struggle to be managers There wasn't an Englishman even at 1000/1 to take over from Alex Ferguson We English are uncomfortable with authority and responsibility unless we went to Eton Ask anyone in the Cabinet they know everything you need to know because they were taught to be born leaders of the likes of you

CHARITY STREET
The word is that Crane Street is to get two more Charity Shops to go with the five They already have, Great if you are on the lookout for someone else's cardigan or a jigsaw And great if you are The Aged and they help Or if you are a stray cat. But can we really afford to charge them next-to no rates?

UKIP
Aren t UKIP funt Nigel with his fag and pint of bitter And his colleagues whoever they are What we need is another Chamber in Parliament We have an Upper House and a Lower House We need a Much Lower House where ragtag parties can try for populism a bit like a reality show

REALITY TV
Nadine Dorries MP was chucked out of the Tory Party for going on I m A Celebrity without permission But she's just been allowed back because she's apologised Not asked back because she said she d join UKIP No way II was the apology see

IDEA
Someone (in China where they know about business) should market a TV remote/ house shoe which you wear on your feet It would change channel only when you walk around and then only randomly encouraging exercise and an awareness of niche TV thinking. II you wanted to change channel I o something specific you d have to do a sit-up again encouraging weight loss

NAME CHANGE
UKIP need a quick makeover to go to the next level They aren't about UK Independence any more They could champion libertarianism individuality and the future. They could equally end up being about prejudice, ignorance and the past.

CRICKET IN THE HEART OF CHICHESTER
I know the Cathedral is magnificent but II doesn t lift the spirits as much as seeing the school cricket I hat starts up in its shadow every May You know the field opposite the College just up from the station and Waitrose The young players are decked out in perfect whites the grass a perfect green I always slow down a bit safely in case there's a wicket

JOKE
Herald reader Colin Derrick responds to last week's question Death A Joke?
"Tommy last night I woke up and the grim Reaper was at my bedside He came at me with his scythe but I fought back with my hoover "Reaped I shouted "You re Dyson with Death"
Colin you should be as ashamed of your joke as I am of my jokes but especially ashamed if you made it up yourself

Let us know what you think @chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL 2013/14 SEASON
Ticketline 0844 327 1901 Or visit www.sea ulls.talent
Alternatively you can visit either the Queens Road or Amex t icket offices

Chichester Herald
Twitter: @chlherald
FREE EVERY FRIDAY
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**

Distribution locations include, Tesco, Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
Aldwick Arundel Barnham Bircham, Bosham Brackleham Chichester Fontwell Goodwood Midhurst Nyetimber Pagham Rose Green and East & West Wittering

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

Founder/Finance Director:
Mark Ansell
mark.ansell@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Photographer:
Rebekah Grace
www.rebekahgracephotography.co.uk

It really does work ... the testimonials
Furniture & Mirror based in Terminus Road say "Whilst a couple were having a coffee in Bhs they picked up a Chichester Herald from the stand in the café They went in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

recycle
Chichester Herald is printed from 100% recycled paper Please recycle after you have finished reading your wonderful newspaper
Printed by Iliffe Print www.iliffeprint.co.uk

☑ Yale Security Hardware Available ☑ Checkatrade and TrustMerk Approved ☑ Competitive Finance Rates Available* ☑ 10 Year Insurance Backed Warranty ☑ First Class Customer Service

Summer specials

idealwindowsolutions

Amazing deals this summer on new energy efficient windows doors & conservatories, that won't cost the earth!

Prices INC VAT	A Triple Glazed	A Double Glazed	C Double Glazed
Any 4 Windows	£2295	£1995	£1775
Any 6 Windows	£3425	£2975	£2650
Any 8 Windows	£4545	£3950	£3495
Any 10 Windows	£5720	£4970	£4365
Any 12 Windows	£6845	£5950	£5240
Any 14 Windows	£7970	£6930	£6235
Any 16 Windows	£9110	£7920	£7130

Refurbish my Conservatory

Unsafe, sloping polycarbonate roof with **E Rated** windows

Upgraded Solar control glass roof and **A Rated** energy saving windows

Any size, white PVCu Patio doors or French doors

£1095 FITTED INC VAT

Up to 1900 wide and 2100 High

Order your new fascia & soffit and get

FREE Guttering FITTED INC VAT

Exciting new range of doors and colours available

Any size any colour composite front door FITTED INC VAT £995

OR

Composite Front Door with a PVCu back door FITTED INC VAT £1550

Save money, save energy and save the planet

Over 1200 very satisfied customers can't be wrong 9.7 OUT OF 10

Proud members of Checkatrade.com Where reputation matters.

Showrooms At Market Road, Chichester & Blackbrook Rd, Fareham

Expert advice on our exclusive range of PVCu, Timber & Aluminium Windows, Doors & Conservatories. We Also Install Solar Panels

FREE PHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Unit 12 Blackbrook Business Park Blackbrook Road Fareham Hampshire PO15 5DR

enviroWindows FENSA Proud members of Checkatrade.com Where reputation matters. edgcos PVCu WINDOWS & DOORS

*These offers cannot be used in conjunction with any other offer. Prices shown are white Inish PVCu and include full installation and VAT. If you require special frames or colours please ask for details. Each section of bay window counts as one window. Maximum window size 2.5m x 1.2m. Window offer is for our casement range only. Terms and conditions apply please ask for written details. Images used for illustration purposes only. Finance is available on orders over £1300. Finance available subject to status. We reserve the right to withdraw the offer at any time.

Cloisters Café
CHICHESTER CATHEDRAL

George Bell House
at
CHICHESTER CATHEDRAL

A beautiful, eight bedroom house in the historic Cathedral grounds

Traditional Sunday Lunch

1 Course £6.95
2 Courses £10.95
Served from 11.45am - 2.30pm

Book a table:
01243 813590/813586

Royal Chantry Cathedral Cloisters
Chichester West Sussex PO19 1PX
bookings@chichestercathedral.org.uk
www.chichestercathedral.org.uk

A stay at George Bell House offers the convenience of a city centre location within the tranquil setting of the Cathedral precincts. An ideal location from which to explore the historic city of Chichester with its beautiful Cathedral, galleries and shops.

- Bed & Breakfast rates available
- Table d'hote menu
- All rooms en-suite
- Limited parking available
- Rooms to be booked in advance

For further information regarding availability and tariffs please contact Maria Gordon on 01243 813586 or email bookings@chichestercathedral.org.uk

OBE medal stolen in Selsey burglary

POLICE are appealing for witnesses to a burglary at a property in Park Lane, Selsey, after a number of items were stolen including an OBE medal.

The burglary happened at some time between 6pm on 26 April and 5.50pm on 28 April.

Among the other items stolen were a small white porcelain pill box with a depiction of "storming of Bastille" dated 1789, an ivory boxed Hebrew Prayer book and a World War I – 1914 King George Five shilling piece.

Detective Constable Neil James said: "The items stolen were of sentimental value especially the OBE which was in a blue case.

Any witness or anyone with information is asked to call Sussex Police on 101 quoting serial 1027 of 28/4. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555111.

Bognor man on indecent images charges

A BOGNOR man is to appear in court charged with offences relating to indecent images of children.

Mark Gary Matthews, 32, currently of Queensway, Bognor, but formerly of Laurel Grove, Bognor, is due to appear on bail at Worthing Magistrates Court this week charged with making two indecent images of children, contrary to the Protection of Children Act, and with failing to disclose his computer password, contrary to the Regulation of Investigatory Powers Act.

The charges, authorised by the Crown Prosecution Service, follow an intelligence led investigation by the Paedophile On Line Investigation Team (POLIT) of Sussex Police.

Detective Constable Chris Smith of POLIT said: "The investigation continues. Anyone who has information about any alleged offending involving children, either current or historic, can contact us in confidence, via 101. You can also contact independent charity Crimestoppers anonymously via 0800 555 111."

• CHICHESTER Police has donated £200 to Fishbourne Playing Field Association to help pay for the children's play park equipment and ongoing activities.

The donation comes from the Police Property Act Fund (PPAF), made up of monies received by the police from property confiscated by order of the court and then sold.

PCSO Karen Hopewell said: "It is good to see money from the proceeds of crime being reinvested into the local community and especially for such a worthwhile cause as this."

Further appeal following Portfield roundabout collision

A 58 YEAR OLD man from Rustington has been transferred to the neurological unit at Southampton General Hospital following a collision with a car on the A27 eastbound from the Portfield roundabout on Friday 3 May.

Emergency services were called to the scene of the collision at around 3.25pm where the pedestrian was lying in the road with serious head injuries.

The injured man was crossing the dual carriageway north to south when he collided with a silver VW that had exited the roundabout and was heading east.

Sergeant Tony Crisp from the Road Policing Unit said: "Anyone who witnessed the collision or saw the injured man prior to the incident is asked to call 101 quoting Operation Elster."

The driver of the VW, a 23 year-old woman from West Sussex, was not injured.

Speeding motorists stopped on way to breakfast club at Goodwood

OFFICERS stopped 15 cars for speeding to a Breakfast Club in Goodwood after complaints from residents.

On Sunday 5 May officers from Midhurst and Petworth Neighbourhood Policing Team working in conjunction with the Roads Policing Unit conducted motoring checks in Duncton village. This was in response to complaints from residents and parish councils throughout the Midhurst and Petworth area regarding speeding motorists heading to the Breakfast Club at Goodwood.

In the two hours that checks were conducted 15 vehicles were stopped – one for an expired MOT, one for no seatbelt, 15 for excess speed and a motorcyclist for having an illegal rear number plate.

PCSO Ian Lunderd said: "The Breakfast Club attracts a large number of vehicles through our area and whilst the majority of people often drive are respectful of the communities that they are passing through, there are a minority who do cause distress to the residents.

"At a recent Neighbourhood Panel Meeting representatives gave Petworth Neighbourhood Policing Team the priority of vehicle offences on Sundays and in particular on days when the Breakfast Club is held. We will be conducting checks throughout the summer in various locations to educate motorists that their manner of driving is not acceptable and causes distress to the residents of villages that they are passing through."

Broadview
We've got it covered
Custom Made Blinds
Awnings & Shutters
Love Blinds
PRICE PROMISE
4 FOR 3
BLINDS, SHUTTERS AND AWNINGS*
*Exclusions apply the lowest priced item is FREE.
Offer ends 31st May.
Chichester 11 Eastgate Square, Chichester, West Sussex PO19 1JH • (01243) 792382
Bognor 44 Aldwick Road, Bognor Regis, West Sussex PO21 2PN • (01243) 824397
www.broadview.co.uk
*Price Promise – we will beat any quote on a 'like for like' basis. Exclusions apply

Baker and Cripps win annual race

THE 9th ANNUAL Fishbourne Flat Five is already being hailed as one of the best with a very strong field of runners and walkers enjoying the spring weather, the views of the harbour and the offer of bacon rolls at the finish line.

In the men's race, James Baker won for the fifth time with a time of 27 minutes 11 seconds, knocking nearly 10 seconds off the course record which he set in 2009. Second place went to Daniel Baily who finished in 30 minutes and 6 seconds. The women's race saw the impressive Hayley Cripps win for the second time and whose time of 35 minutes and 9 seconds was less than a minute short of her own women's record, set in 2011. In second place was last year's winner Emma Easterbrook. Behind them was an impressive field of 150 runners many of whom were running for the first time and others of whom were delighted with their personal bests. As often, it was good to see some impressive performances from the younger competitors including Alice Sowden crossing the line in 39 minutes and 21 seconds and David Taylor Poole finishing in 36 minutes and 16 seconds.

Conditions were very good with gentle sunshine and mild temperatures. It was mostly dry underfoot with the occasional boggy patch to remind participants of the truly cross-country nature of the course. The event remains popular with some of the area's best runners but it is also a great village event and this year there were a particularly large number of local walkers. Over the years more than a thousand people have taken part in this unique race and many come back time and time again.

This year's Fishbourne Flat Five, held, as always, in memory of Beckie and Lucy Hasell, has already raised over £2400 for the St Peter Project which is seeking funds to build a new Church and Community Hall.

Huge thanks go to all the loyal marshals and helpers, to Game, Set and Match, to Chichester Runners, to HM Scarterfield, to Dave and Flp Kemp, to Gill Simpson and Steve Hill, to Nik Westacoott and to both the Woolpack Inn and the Fishbourne Centre and to Tesco's for their generosity and support.

Get your votes in...

LOCAL residents in Chichester have the chance to find Sainsbury's Chichester's new local charity to support. It's the fifth year of the retailer's 'Local Charity Partner' initiative, which gives local registered charities the chance to receive a year's worth of fundraising and awareness support from store colleagues.

Customers and colleagues at Sainsbury's Chichester have played a big part in the success of the Local Charity partner initiative. Last year, their generous donations helped to raise £2468.22 for Packs. Among the highlights of the partnership, which closed in May, included Promotional days in store & funding their Christmas party.

Val Evans said: "Working with Sainsbury's Chichester over the last 12 months has made such a difference to our cause. We've raised a fantastic amount which we're using to support disabled children and their families with various play activities and we're now looking forward to working with them on future opportunities."

Over the last four years Sainsbury's stores and their customers have helped thousands of charities and organisations across the UK through fundraising and volunteering and have raised more than £5 million to support local communities.

There's even more ways to vote this year. Alongside nominations forms and a drop in box, available in-store from Wednesday 1st May, for the first time, customers can nominate online either via dedicated voting form via Sainsbury's website www.sainsburys.co.uk/localcharity or emailing their nomination to Localcharity@sainsburys.co.uk.

Sainsburys Chichester Store Manager Kay Goacher added: "Our work with previous Local Charity partners over the years has been really successful in letting our customers have their say. We hope our customers can take the time to vote in the coming weeks and give a local charity that's close to their hearts the chance for us to support them."

The winning charity will be announced in June.

BEFORE
AFTER
£50
Moisture in your double glazing?
Don't replace it, repair it!
Our innovative and sustainable process quickly removes moisture from the inside of failed double glazed units restoring their clarity. Our patented coating and vent systems prevent condensation and fog returning.
TRUST MARK
dgcos
Celebrating 25 years of continuous trading
FENSA
idealwindowsolutions
"Hello, my name's Holly and my dad runs Ideal Window Solutions, you may have heard my adverts on the local radio, all about the benefits of double glazing and all of the great offers and services that dad has at Ideal Window Solutions. Loads of people ask me about what dad does and about double glazing so I thought I could answer some of those questions on his website. If you would like to know anything about dads UPVC condensation removal service, let me know and I'll try and answer it for you!"
www.idealwindowsolutions.co.uk
Save money, save energy & save the planet Holly
Dont just take our word for it!
over 1200 satisfied customers can't be wrong
Checkatrade.com
9.7 OUT OF 10
We carry out all other window and door repairs
Replace existing glass with energy efficient sealed units
Handles and mechanisms repaired & replaced
Window & door hinges & stays
Leak & draught repairs
Approved by Trading Standards
NO Call out charge with Free Quotations & Advice
FREEPHONE 0800 731 8761
WE COVER ALL OF HAMPSHIRE AND WEST SUSSEX
Unit 12 Blackbrook Business Park, Blackbrook Road, Fareham, Hampshire PO15 5DR

Bedrooms by
feather & black

Clearance Outlet
Up to 80%* off

Offers of the week

Oxford Espresso Bedside
Was £99 Now £42

Noah Toy Box
Was £349 Now £76

Oxford White Single Bedstead
Was £199 Now £112

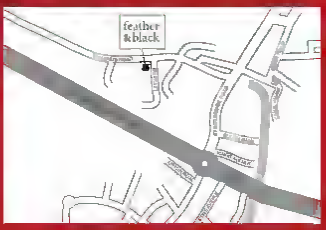
Marblehead 7 Drawer Tall Chest
Was £999 Now £212

Sebastian Super King Leather Bedstead
Was £1445 Now £223

Salisbury Large Wardrobe
Was £1145 Now £232

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

Spirit FM legged it!

SPIRIT FM's Sally and Milly raise £14,500 for a disabled Chichester teenager with a whistle-stop run through Europe

Notching up 17 years of broadcasting to West Sussex Spirit FM has been spearheading a campaign to transform the life of 17 year-old Chloe Humphrey by fundraising for a spinal operation that will enable her to walk unaided and pain free for the for the first time

Getting listeners all over the county involved in donating to and holding events for Chloe's New Legs, the station's Managing Director Sally Austin and mid morning presenter Milly Luxford also decided to do their bit by, aptly, using their legs. Running 7K in 7 countries in just 7 days, the ladies travelled and lived in a camper van, kindly loaned by Regnor Motors

"It rained for most of the time and it was certainly tiring, what with all the driving and running, but it was an experience I wouldn't have missed for the world," said Milly, adding "Local businesses have been so brilliantly supportive and generous in sponsoring us, be it with money, time or products, and to have raised so much towards changing Chloe's life is simply awesome."

"We took Chloe's cause to our listeners and they took Chloe, a beautiful, bright and warm young lady, to their hearts," says Spirit's Managing Director Sally Austin. "People have fundraised, sent their best wishes, offered their services and have generally been amazing. Realising how many kind and good people we live amongst has in itself been a humbling and inspiring revelation. I am so proud of our achievement – as a community, as a radio station and, as we are now, members of Chloe's extended family."

Cautiously optimistic of reaching the overall £36,000 target in the near future Chloe's operation, ains not available on the NHS in West Sussex, has just been performed at Bristol's Frenchay Hospital. The only permanent solution to her condition Chloe is the oldest person in the UK to have Selective Dorsal Rhizotomy (SDR). A keen sportswoman her fitness levels made her suitable for the surgery, which is normally carried out on much younger children whose muscles have not had time to weaken

"Taking in to account all the events that are yet to happen, we are quietly confident of hitting the target. In the event that we exceed the sum needed for Chloe's operation and aftercare her legacy will be to pass any surplus funds on to another West Sussex child in need of the same operation. We wondered initially if we could manage to raise £36,000 and yet here we are contemplating the possibility of giving another child a head start on their fundraising! It is heart-warming in the extreme that people have given so generously and so gladly in order to make a difference," said Sally

Come & see what our professional designers can do for your kitchen, at the right price!

FREE GLASS SPLASHBACK BEHIND HOB

Freestyle Kitchens

Portfield Trade Centre, Chichester PO19 8NS 01243 776000 | Broadwater Green, Worthing BN14 9BY 01903 215550

We are open Mon - Sat 9am - 5pm (evenings by appointment) Email: kitchens@freestyledirect.co.uk www.freestyledirect.co.uk

QUALITY CONSERVATORIES MADE TO MEASURE

.... JUST SOME EXAMPLES

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL PVCu CONSERVATORY PRICES INCLUDE ULTRAFRAME ROOFS WITH POLYCARBONATE ROOF SHEETS AND LOW 'E' GLASS TO SIDES. FOR HIGH PERFORMANCE, SELF CLEANING, SOLAR CONTROL ROOF GLASS, ADD APPROXIMATELY 10%.

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL CONSERVATORY PRICES INCLUDE CLEAR TOUGHENED GLASS TO ROOF AND SIDES, FOR HIGH PERFORMANCE GLASS ADD 10%-15%.

* ABOVE ARE GUIDE PRICES WHICH MAY VARY DEPENDING ON SPECIFICATION e.g. NUMBER OF OPENING & DUMMY VENTS

OUTSIDEinterests

2 Barnham Road, Barnham,
Bognor Regis, West Sussex PO22 0ES

FENSA

01243 553334

CALL TODAY FOR A NO OBLIGATION SURVEY & QUOTATION OR VISIT OUR SHOWROOM WITH 12 CONSERVATORIES ON DISPLAY

Compromising Temperatures

Gracie Cliffe

THIS WEEK has come with the tease of surprising cloudless skies and a glistening sun. However this has brought with it the many annoying and questionable actions that seem to come hand in hand with warmer weather.

For starters, even though I completely agree that very few things feel as pleasing as the sun on your skin, I do not understand why some people have to take it so far. As soon as the sun even slightly begins to shine the waistbands of skirts and leggings get lower and tops are swapped for what can only be described as bras that are two sizes too small.

I understand that unlike men, women cannot walk around topless (well not without consequences), so a compromise needs to be made to keep cool, but the weather and location of Chichester just does not permit some of the fashion choices people make. I'm all for summer, but I am just not for having to look at teenagers dressed more appropriately for a street corner.

However I find myself just as bothered when I see guys walking around in hoodies when the sun is scorching. I am not sure whether they are trying to make a statement or be ironic, but when you can see sweat dripping through their hair, I simply don't understand why they don't take off one of their many layers. Sweat patches are not attractive.

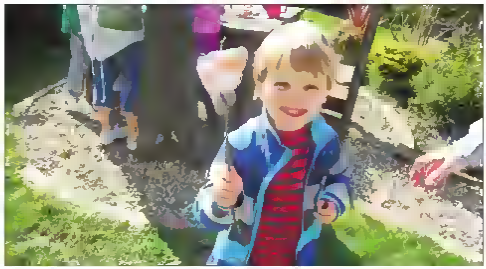
I've also noticed that the sunshine seems to bring out the couples as if they were hibernating all winter. The parks are suddenly filled with couples intertwined in the grass and having picnics. I must admit that I do find the cute but it leads me to wonder: Where are all the friends? Please come out and join me for a gossip with the girls, because I think that is equally as enjoyable. That however may just be the views of a single girl.

But maybe I shouldn't be such a grouch and make a compromise. To embrace the sunshine with a freer spirit. Our social lives finally have a chance to expand outside the constraints of pyjama days, hiding from the cold. Grab an ice cold drink and some oversized sunglasses and soak in the vitamin D whilst it lasts.

Let us know what you think

@chiherald

Chichester children get green fingers with new initiative



Ben Cox at the first [illegible] Fly [illegible]

THE FIRST of a set of monthly workshops for pre-school and primary school children proved a huge success recently, when over 25 children, mums and dads turned up to a 'Grow Your Own' workshop. The children made their own seed planters and then decorated them with pictures of butterflies and other insects.

This initiative is part of local environmental group Transition Chichester's Young Transitioners group, which aims to get children excited about the environment, and how to protect it. Planned future workshops include bread baking and making artwork from waste materials. Workshops are free of charge, but donations are welcome towards the costs of the workshop materials.

Project lead Julia Sander said: "We're really happy with how our debut workshop went, and are looking forward to our next one already. The children really enjoyed themselves and went home with an understanding of food, where our food comes from and how to grow it. Numerous studies have shown that children that grow and cook their own food on early age grow up with better diets. We hope to contribute, if only in a small way, to creating a healthier younger generation in Chichester."

If you'd like to help volunteer or would like to come along to the workshops please contact project lead Julia Sander at ssecretary@transitionchichester.org.

Join the Nuffield Health Summer Challenge: We will get you fitter and healthier this summer – if not simply walk away with no obligation*

NO JOINING FEE!
PLUS ONE MONTH FREE!
MAY ONLY*

Whether your personal goal is to look good on the beach, feel more healthier or simply de-stress, Nuffield Health & Wellbeing Chichester is here to help you! For full details on our club facilities see our website at www.nuffieldhealth.com/chichester or contact us on 01243 788678. For full terms & conditions see www.nuffieldhealth.com/rewards. Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate, PO19 8EL. Tel 01243 788678.

Wellbeing Facts
72% of members saw their health improve within 3 months of joining
Receive rewards of over £100 for getting healthier &
Personalised gym program tailored to your individual
You are free to leave if you don't improve your Health Score with us*
Members who took our Health MOT's lost a combined total weight of 76,000kg!

Nuffield Health
fitness & wellbeing

*Offer applies to no joining fee until May 31st. Limited spaces apply.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Top Michelin star chef wowed by local herb nursery

TWO Michelin star chef Daniel Clifford paid a visit to local herb nursery VHE in Angmering recently

VHE grows micro leaves for professional kitchens including for many Michelin star chefs from around the country, under the WOW Micro Leaf brand. Daniel Clifford's visit marked the launch of new innovative packaging for the micro leaves which provides maximum freshness and convenience for chefs

The new packaging developed by VHE is a UK first and has set chefs by extending the shelf life and freshness of the micro leaves. Daniel received a personal tour of the nursery where the micro leaves are grown all year round and was provided with a preview of the new packaging.

As part of the launch activity, VHE also provided samples of the new range to other top chefs from around the country including Pierre Koffmann from The Berkley Hotel, Tom Kitchin from The Kitchin, Claude Bosi from Hibiscus, Bruce Poole of The Glasshouse and Paul Gayler from The Lanesborough.

Ann Tennen, marketing manager from VHE said "We were delighted to welcome such an esteemed chef to our nursery and to be able to highlight the fantastic British

Daniel Clifford visiting VHE's micro leaf nursery

grown herbs we produce for professional kitchens."

Daniel Clifford said "It's great to be able to come and visit British producers like VHE to see for myself how ingredients that I use every-day are grown. As a chef I think it's really important to know where your ingredients come from and this visit has provided me with lots of inspiration for back in the kitchen!"

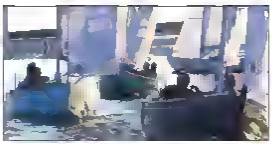
In addition to growing micro herbs for professional kitchens, VHE is the largest producer of fresh herbs for the retail market, supplying to Marks & Spencer, Sainsbury's, Tesco and Waitrose. VHE employs 375 people at its nurseries in Angmering and Runcton

Solent Sunbeams to hold open day at Itchenor Sailing Club

THE SOLENT SUNBEAMS, a fleet of classic racing keelboats based at Itchenor Sailing Club near Chichester, are having an Open Day on Saturday 18th May 10am-5pm. Whether you are interested in crewing, owning, helming or generally finding out more about this friendly class and membership of Itchenor Sailing Club, come along from 10am. There is even an opportunity for you to sail on the day in the beautiful surroundings of Chichester Harbour.

A classic keelboat, the largest of the Alfred Westmacott designs, the Solent Sunbeams at Itchenor range from 90 years' old to the new all-GRP and newly upsized yachts. They feature beautiful lines with great handling across the whole wind spectrum and offer highly competitive racing as a friendly small class. They race at Cowes for Classic Week and Cowes Week each year as well as in Chichester Harbour. 27 yachts are based at Itchenor, racing from March through to the end of October 3-4 times a week, and three more GRP hulls are to be made this year – so there are plenty of opportunities to get on the water.

The Sunbeams offer regular training mornings during the season and there is a



busy and varied social calendar throughout the year including beach barbeques, champagne cocktail parties and the ever-popular post racing tea on the lawn. For the 90th Anniversary this year there will also be a spectacular Ball for 300 guests.

The Open Day on Saturday 18th May will give anyone interested in joining an opportunity to meet the helms and crew, go out on the boats or just watch the action from the jetty or from a support boat. You will also have the chance to be shown round the facilities at the prestigious Grade II listed Clubhouse.

Please call to register your place as spaces are limited on 01243 512400. If you wish to sail please come with suitable clothes and footwear. Lifejackets can be provided.

More information about the Solent Sunbeams can be found at www.solentsunbeam.co.uk

FOLLOW US ON TWITTER
@chiherald

Chichester Business

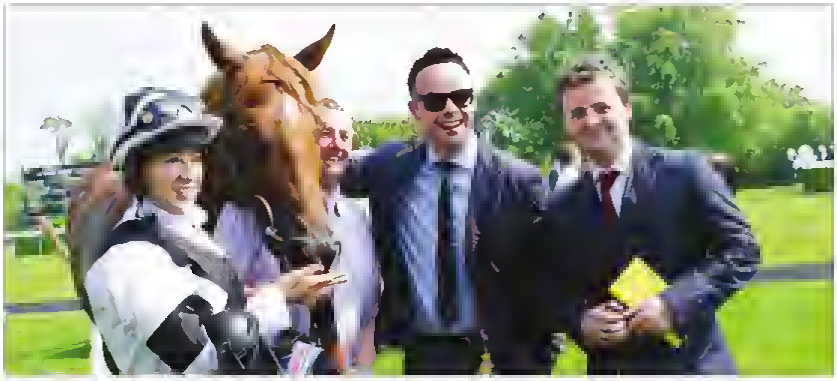
Hayley becomes Goodwood's Racing Ambassador for 2013

HAYLEY Turner, the UK'S leading female jockey, has chosen to become the official Racing Ambassador for Goodwood Racecourse, part of England's Greatest Sporting Estate, for 2013

She was voted as William Hill e Sportswoman of the Year 2011, Jaguar s Most Influential Sportswomen of the year 2011 and Glamour Magazine s Sportswoman of the Year 2012.

Goodwood Racecourse, set high in the Sussex Downs, is renowned as being one of the most beautiful settings for horse racing in the UK. The looped course hosts around 130 flat races each season, including two highly-regarded Group 1 races (QIPCO Sussex Stakes and the Markel Insurance Nassau Stakes), six Group 2s and eight Group 3s annually

Hayley, who had three wins at Goodwood last year, is looking forward to informing racing fans about the events in which she is participating as well as commenting on fixtures and other events at Goodwood throughout the season She will also be sharing her 'Top Tips' for every race in the Goodwood Race card. Hayley is particularly looking forward to her involvement in this year s Magnolia Cup where she will be helping the female celebrity/women in business riders in their training during the build-up to this charity race which is taking place on Ladies Day at Glorious Goodwood, Thursday 1st August, 2013



Hayley at Goodwood last summer with Frankel

Having celebrated her first win at Goodwood in 2008 the same year that she became the first female jockey to ride 100 UK Flat winners during a calendar year, Hayley has become a recognisable presence at Goodwood ever since "To be an ambassador for Goodwood Racecourse is a great honour for me," says Hayley "I always love riding here, it is such a unique track and is one of the most beautiful courses that I have ridden at around the world. It will be fun for me to be sharing my passions with others, at one of my favourite sporting fixtures – the May Festival, Glorious Goodwood and the August Bank Holiday Meeting."

Adam Waterworth, Managing Director of Goodwood Racecourse said "We are delighted to be working with Hayley this season She is such a fantastic ambassador for the sport in general, having achieved so much in her career and we look forward to seeing more of her "

Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 773297
Mobile 07983548459

...they are only this little... for a little while...

Invest in exquisite images of your tiny baby

SPECIAL OFFER

£100 OFF
A NEW BORN FINE ART PHOTOGRAPHY SESSION*

Up to a 3-hour Fine art New Born starting from £95

Voucher Code NEWS100

*Terms and conditions £100 off New Born Photography Session Valid on new bookings taken in the 30th June to 3 Viewing on New Born photos that include a disc of images Not valid in session fee only The fee covers the New Born session and preparing the images for you to view Payable at time in booking your session

south coast human resources
SC HR

Take the stress out of employing staff with South Coast HR

Your people are the most important part of your business, and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.

For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.

Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business

Let us take care of

- Drafting / issuing employee contracts
- Drafting policies and keeping these up to date
- Dealing with any maternity leave & flexible working requests
- Monitoring and dealing with employee sickness
- Dealing with any staff complaints
- Interviewing potential staff
- Advising on disciplinary situations and conducting those difficult meetings
- Advising on how to make any redundancies
- Training and development
- On site HR administration
- Plus much much more

South Coast HR are friendly and approachable and will take time to get to know you and your business – providing you with honest, practical advice when you need it most. Either pay for what you need as and when you need us, or budget for your needs from as little as just 4 hours a month.

@SouthCoastHR

Call: 01243 717693 Email: contact@sc-hr.co.uk www.sc-hr.co.uk

Arts & Entertainment

FOLLOW US ON TWITTER @chiherald

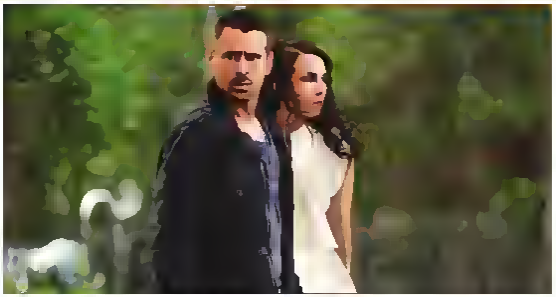
cineworld

Dead Man Down (15)

THREE out of Five stars

Running time: 118 mins
Director: Niels Arden Oplev
Starring: Colin Farrell, Noomi Rapace, Dominic Cooper, Terrence Howard, Isabelle Huppert, Armand Assante, F. Murray Abraham

Weirdly off-kilter revenge thriller that's laughably terrible in places, but scrapes a pass thanks to offbeat performances and a couple of enjoyably preposterous action sequences.



What's it all about?

Directed by Niels Arden Oplev, Dead Man Down stars Colin Farrell as New York gangster Victor, who's helping fellow hoodlum Darcy (Dominic Cooper) track down a mysterious figure who's been targeting their boss, Alphonse (Terrence Howard). However, unbeknownst to the rest of Alphonse's mob, it's actually Victor himself who is behind the attacks, having infiltrated the gang with the express purpose of wreaking a slow-burning revenge.

When Darcy hits upon a string of clues that could blow Victor's cover, he finds himself in something of a quandary, since he feels connected to Darcy and doesn't want to have to kill him. At the same time, Victor's disfigured French neighbour Beatrice (Noomi Rapace) figures out what he's up to and blackmails him into helping her get some revenge of her own.

The Good

Farrell opts to play Victor as the brooding, silent type for the most part, so he isn't required to do much except look suitably haunted every so often. Cooper is surprisingly good as Darcy (one of the world's most gangster-name, admittedly), despite being cast somewhat against type, while Howard is reliably solid as Alphonse. However, the performing honours are jointly shared by Noomi Rapace, who brings a forceful intensity to Beatrice and, in perhaps the most unexpected, off-the-wall appearance of the year, Isabelle Huppert, as Beatrice's hard-of-hearing, cookie-baking mother.

Making his American debut, Niels Arden Oplev (The Girl With The Dragon Tattoo) keeps things moving at a decent pace and orchestrates a couple of enjoyably ridiculous action sequences, most notably one in which Victor runs around a building offing members of his own gang without getting caught in the act. Similarly, the action-packed finale is so full-on ridiculous that it actually ends up winning you over, despite its multiple levels of stupidity.

The Bad

That said, although Oplev pulls off the action sequences, the film is laughably terrible in places, the biggest problem is Rapace's character, who is written as so horribly disfigured that children actually stone her in the street while shouting 'Monster', yet only has a few barely noticeable scars on her face. This effectively strips her own revenge storyline of its emotional impact, to the point where you're not sure whether she's meant to be crazy or not.

On top of that, it's never quite clear just how we're meant to take Victor's violent, bloody revenge. He doesn't really seem to be enjoying it, yet there's one sense of it destroying him and no sense of the possible redemption offered by Beatrice, something that isn't really helped by their lack of chemistry.

Worth seeing?

Dead Man Down has all sorts of problems, but its ridiculous action sequences and baffling character motivations mean it's actually quite good fun in a so-bad-it's-good sort of way.

HOMES & GARDENS COAST magazine

the rare brand market

PRESENTS.

Fashion & Food on the Farm

The Rare Brand Summer Market

THURSDAY 27TH JUNE 9AM TO 10PM
SOUTHEND BARNS, CHICHESTER (PO20 7PS)

Enjoy shopping in a unique and stylish environment but more importantly enjoy discovering rare products from some of the most talented rare brands around. Over 50 Rare Brands will be exhibiting a mix of products including: Clothing, Accessories, Home, Garden, Children's products plus this year a large section dedicated to Food and Drink. We also have some amazing Travel companies to inspire your travel ideas.

During the day we will also be offering two workshops which you can pre-book in advance. Choose from workshop A: Getting your nutrition right and workshop B: How not to wear black - teaching you how to make good colour decisions in your wardrobe.

Plus we will have a lovely café on site for coffee, lunch or an afternoon tea!

Entry £5 with £1 going to charity
Entry with workshop £10

www.therarebrandmarket.co.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. NOOMI RAPACE SHOT TO FAME IN WHICH FILM?

A. THE GIRL WITH THE DRAGON TATTOO
B. THE GIRL WHO PLAYED WITH FIRE
C. THE GIRL WHO KICKED THE HORNETS' NEST

Send your answer, and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 14th May 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Natalie Hawkins from Chichester

Terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL - 0871 200 2000

Chichester Garden Market - May 10th, 11th and 12th

ON MAY 10th, 11th and 12th, for the sixth year running, the heart of Chichester will come alive with a wonderful selection of garden stalls in a burst of colour and activity!

Event organisers, Woodland Crafts will be staging their ever-popular Chichester Garden Market in the city centre. The stalls and displays will again be in the pedestrianised area with the "Cross" as a backdrop. What a wonderful setting for this vibrant event!

This is a fantastic chance to find anything and everything for your garden! Local nurseries, garden specialists and exhibitors from further afield will come together to offer a superb range of top quality plants, garden crafts, equipment, furniture, accessories, supplies and services. In fact, anything the garden lover or the green-fingered enthusiast might need to enhance their outdoor areas.

So, whether you are just looking for an unusual plant or you would like to add to your garden with something unique and beautiful, why not go along to the Chichester Garden Market, meet the exhibitors and take home something special?

There is an admission charge and parking is available close by, in City Centre car parks. For more information, visit www.woodlandcrafts.co.uk or call Woodland Crafts on 01243 641306.

May Sky Diary
By Pete Littlejohns

Mercury will be visible to the naked eye at the end of the month very low down in the west. Venus also appears at the end of May slightly below Mercury.

Jupiter, which has been absolutely brilliant is now sinking into the evening twilight heading up with Mercury and Venus, and by the 27th all three planets will be within a few degrees of each other making for an unusual sight, if the sky is clear.

Saturn is really showing itself well now, being almost due south at 23:00hrs mid-month between the constellations of Virgo and Libra. For such an enormous planet (120,500km diam.) it spins (a day) in 10hrs 32mins. It has ferocious wind speeds of up to 1800km an hour and lightning storms 1000 times more powerful than on Earth. The largest (Titan, many moons, (5150km diam.) which can be seen in good binoculars or a small telescope, has lakes of liquid methane and possibly volcanic activity.

There are two meteor showers in May, the lesser one on the 13th from the constellation of Scorpio, low in the south-east, with a rate of around 5 shooting stars an hour, and the better one on the 5th from Aquarius low down in the north-east. This shower has a rate of around 35 meteors an hour at its peak and is associated with debris from Halley's comet.

May Planetarium Shows

Fri	10	7.30pm Springtime Stars and Galaxies
Sun	12	3.30pm Saturn, Lord of the Rings
Fri	17	7.30pm Southern Stars, Nearby Galaxies
Sun	19	3.30pm Springtime Stars and Galaxies
Mon	27	3.30pm Seven Wonders of the Solar System
Wed	29	3.30pm Springtime Stars and Galaxies
Fri	31	7.30pm Violent Sun, Space Weather

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the The Novium, Chapel Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day. A map showing our location can be found at: www.southdowns.org.uk

SATURDAY'S TV 11.05 13

Listings supplied by Press Association

CHOICE

Vin Diesel

The Jonathan Ross Show ITV, 9.45pm

A few years ago Vin Diesel appeared on Jonathan Ross's BBC1 show to plug Fast & Furious. Diesel brought the house down with his recollections about giving The Iron Giant an even deeper voice than usual. Does your chest vibrate when you do that? asked Ross. The world vibrates, laughed Diesel. Now they're back for more banter as Vin plugs Fast and Furious 6-part of which was shot in the UK. Also promoting their latest projects are Jamie and Louise Redknapp and Yoko Ono, and a pair of magicians from The Illusionists perform in the studio.

BBC1

6 00 Breakfast **10 00** Saturday Kitchen Live **11 30** Football Focus **12 20** BBC News, Regional News, Weather **12 10** Live Formula 1 Spanish Grand Prix Qualifying **2 15** Live Challenge Cup Rugby League. **4 35** Escape to the Country (R) **5 20** Celebrity Masterchef (R) **5 55** Pointless Celebrities (R)

6.40 BBC News Regional News; Weather

7.00 Doctor Who The Doctor and Clara take their two new companions to a dilapidated galactic theme park, where they encounter a shabby showman whose palace is playing host to an old enemy.

7 45 The National Lottery: Wild Dares Wins Nik Kowalski hosts the game show in which two pairs of strangers team up each battling to outdo the other by hitting as much as they know about a given subject. Last in the series.

8.35 The Voice UK. The first of two shows this weekend in which the coaches begin to whittle down their acts by pitting them against each other in sing-offs – with a pass-the-lifeline for the losers. Contains some strong language.

9.50 Chanelly A teenage girl is brought in after ingesting an unknown toxic substance – but her relatives seem to be the ones with severe symptoms.

10.40 BBC News: Weather

11.00 Match of the Day: National Lottery Update

11.30 Film: Majority Report, (2002) Sci-fi thriller starring Tom Cruise, Colin Farrell and Samantha Morton

1 50 Weatherview **1 55** BBC News

BBC2

6.00 This Is BBC Two **7.10 Film: Beyond a Reasonable Doubt,** (1956) **8.25 Film: Sealed Cargo** (1951) **9.55** Live Formula 1 Spanish Grand Prix Qualifying **2.15** Live Challenge Cup Rugby League. **4.35** Escape to the Country **5.20** Pointless Celebrities (R)

6.40 BBC News Regional News; Weather

7.05 Dad's Army Jones suffers a bizarre case

7.35 The Magic Tricks of JJ Abrams: A Culture Show Special The chancellor talks about his new film Star Trek Into Darkness

9.05 The Star Trek Story Documentary exploring the history and millionth impact of the sci-fi franchise, which began in 1966 with the TV show created by Gene Roddenberry (R)

9.00 The Many Faces of Robbie Coltrane New series. Profile of the actor and mannerism who had him in TV shows Tutti Frutti and Cracker and achieved worldwide fame portraying Rubeus Hagrid in the Harry Potter films

10.00 Blackadder the Third Edmund falls foul of Dr Johnson (R)

10.30 The Unfair Game of Tahir Khan: Amarna in Primetime. TV characters who seek the truth, protect the innocent and do the right thing. Last in the series

11.30 Film: A Bronx Tale (1993) Drama, with Robert De Niro

1.20 This Is BBC Two.

ITV

6.00 CITV: Special Agent Oso. **6.10** Special Agent Oso. **6.25** The Hive (R) **6.35** The Hive (R) **6.40** Dino Dan (R) **6.55** Dino Dan. (R) **7.05** Cammals (R) **7.10** Cammals (R) **7.20** Almost Naked Animals (R) **7.35** Ultimate Spider-Man. **8.00** Jessie. **8.25** ITV News. **8.30** Saturday Farm. **9.25** The Jeremy Kyle Show USA. **10.20** My Tacky Travels with Lynda Bellingham. (R) **11.20** Murder She Wrote (R) **12.20** ITV News: Weather. **12.30** All Star Mr & Mrs. (L) **1.30** Over Monsters. (L) **2.30** You've Been Framed! (R) **3.00** Regional Programme: Weather **3.05** ITV News, Weather **3.15** The FA Cup Final – Live

7 45 Oniain's Got Talent The auditions mark-two as more singers, dancers and variety acts attempt to impress the four judges and secure a place in the live semi-finals. Ant and Dec present.

8 45 The Cube A Liverpudlian woman in confident she can do well in the contest, having practised all month on her sister while an IT project manager aims to win enough cash for a home deposit.

9 45 The Jonathan Ross Show The host is joined by celebrity mingle James and Louise Redknapp, artist Yoko Ono and actor Vin Diesel. With performances by magicians from The Illusionists and rock band Bastille.

10.45 ITV News: Weather

11 00 FA Cup Final Highlights Manchester City v Wigan Athletic.

12 00 Celebrity Who Wants to Be a Millionaire? School's Out (R) **1 00** Jackpot247: Interactive gaming **3 00** The Starter Wife. (R) **3 52** ITV Nightscreen.

CHANNEL 4

6.10 The Hawks (R) **6.30** The Hooks. (R) **7.00** British GT **7.30** The Grid. **8.00** The Morning Line **8.00** Everybody Loves Raymond (R) **9.30** Everybody Loves Raymond. (R) **11.00** Frasier (R) **10.35** Frasier (R) **11.05** The Big Bang Theory (R) **11.35** The Big Bang Theory (R) **12.05** The Simpsons (R) **12.30** Heston's Box Feast. (R) **1.40** Channel 4 Racing **4.15** The Simpsons (R) **4.45** Come Dine with Me. (R) **5.10** Come Dine with Me. (R) **5.45** Come Dine with Me. (R)

6.15 Come Dine with Me. Charity worker Rosie Smyth wants to come-as-your-teenage-self evening. (R)

6.45 Come Dine with Me. Merchant Navy officer Fiona Ansh hosts the final of nine parties as settled trip to impress with a nautical theme and fish dishes before the winner is announced. (R)

7.15 Channel 4 News

7.45 Film: Avatar (2009) A soldier uses a genetically engineered body to help an alien tribe fight off a corrupt mining organisation. James Cameron's sci-fi adventure with Sam Worth ington and Zoe Saldana.

10 50 Film: Mirrors. (2008) An alcoholic ex-policeman begins seeing strange images reflected in mirrors and believes an evil spirit is haunting him. Horror starring Kiefer Sutherland and Paula Patton

12 55 Jaws: The Great White Myth The monster movie's impact on Hollywood and the natural world. (R) **1 10** Sonkland (R) **2.35** Reflyoaks (R) **4.45** Deal or No Deal: Deal in Space (R) **5.40** Kirstie's Handmade Treasures

CHANNEL 5

6.00 Milkshake! **10.15** Power Rangers: Super Samurai (R) **10.50** Batman: The Brave and the Bold **11.15** Inside Hollywood. **11.20** Ultimate Police Interceptors (L) **11.55** Frontline Police (R) **12.55** Emergency Divers (R) **1.55** CSI: Crime Scene Investigation (R)

2.50 CSI: Crime Scene Investigation (R) **3.45 Film:** Columbo: Columbo 1 – Murder Can Be Hazardous to Your Health (1991) **5.35 Film:** Jesse Stone: Night Passage (2005)

7.10 NCIS. A marine is killed after changing his religious persuasion. (R)

8 00 NCIS: An investigation into the bizarre murder of a Navy pilot leads to a confrontation between the NCIS team and a no-nonsense attorney with a grudge against Gibbs. (R)

8 58 5 News Weekend

9 00 Law & Order: Special Victims Unit Benson and Stabler are called in to investigate when a former opera singer with multiple sclerosis is found beaten and raped in her home.

9 59 Law & Order: Special Victims Unit A journal at is found dead with an X carved into her chest.

10 50 Law & Order: Criminal Intent. Nichols investigates the death of an old family friend.

11.45 True Crimes: The First 72 Hours

12 15 SportCentre. **3 55** Michaelan Wright Challenge (R) **4.40** Conny Secrets (R) **4 55** Hana's Helpline (R) **5 00** Angels in Jarm. Aaron goes on a school trip (R) **5 15** Rearry the Racing Car (R) **5.25** The Funky Valley Show (R) **5.35** Hanan Helpline (R) **5 55** Rearry the Racing Car (R)

DIGITAL

BBC Three

7 00 Formula 1 Spanish Grand Prix Highlights. Action from the 4th round of the season. **9 00** Emeir Sandh Live in London **1 00** Russell Howard's Good News Extra **1 45** Sweet thin Small Stuff. Extra Sweaty **10.30** Family Legal Drivers **11 00** Family Guy

BBC Four

7 00 She-Wolves: England's Early Queens **8 00** Remembrance of Caval ne: Which One Am You? **9.00** Wings Over the World **10 15** Love Me Do. The Beatles **12 11.15** Omens of Jazz. The Joy and Pain of the Jazz Deva

ITV2

3.45 Film: Mr Magoorian's Wonder Emp ire from (2007) **4.40** Britain's Got Talent **5 00** Britain n Got More Talent **8.45 Film:** Kindergarten Cop (1990) **9.00 Film:** Couples Retreat (2009) **11 20** Celebrity Jin oe

ITV4

2 30 Film: The Great Gatsby (2000) **4 30 Film:** Thoroughly Modern Millie (1967) **6 00** Agatha Christie s Poirot **8 00** An Andrincw n th Garry Mandrew **9 00 Film:** Something's Gotta Give (2003) **11 30** A touch of Frost

ITV4

11 00 Love Indian Premier League Cricket. **1 00** Premiership Rugby Un on **3 00** Premiership Rugby Un on **5 00 Film:** Year of the Dragon (1985) **11 00** Capital Checkers

E4

3.40 How I Met Your Mother **4.35** Revenge **5 30** Thin gy Bang Theory **7 00 Film:** St Trinian's (2007) **9 00** Dan on Brown Svengali **10 35** Thin Big Bang Theory **11 35** New Girl

Film4

3 10 Film: Fish (2003) **5 40** Australia (2008) **9 00** Layer Cake (2004) Crime thriller starring Daniel Craig **11 05** Working Girl (1988)

SUNDAY'S TV 12.05.13

CHOICE

Graham Norton

British Academy Television Awards HHC1, 8pm

There's a strong chance Sheridan Smith should walk off with a Bafta this weekend for her knockout performance in ITV drama Mrs Biggs. In the Best Actress stakes, she's up against Anne Reid (Last Tango In Halifax) Rebecca Hall (Parade's End) and Sienna Miller (The Girl). Up for the Leading Actor mask is Ben Whishaw (Richard II) Derek Jacobi (Last Tango In Halifax) Sean Bean (Accused) and Toby Jones (The Girl). This year's winners will be announced at London's Royal Festival Hall with Graham Norton hosting the proceedings.

BBC1

6 00 Breakfast. 9.00 The Andrew Marr Show **10 05** The Big Questions. **11 00** Sunday Politics. **12 10** Live Formula 1 Spanish Grand Prix. **3.15** Points of View **3 30** Escape to the Country. The series best properties in Devon. **4 00** Songs of Praise **4 35** The Diamond Queen: Defining moments of Elizabeth II's reign. Last in the series **5 35 BBC News** Reg onal News; Weather

6 00 Countryfile The presenters are in Hampshire, where Matt Baker helps out on HMS Warrior and Julie Bradbury tells the story of the Doddershall Harpsie and visits the only wassail farm in the UK. Weather for the Week Ahead

7 00 The Voice UK. Holly Willoughby and Reggie Yates present as the battle rounds continue, with Jessie J, Tom Jones, Will.i.am and Danny O'Donoghue picking more of their acts age not each other

8 00 British Academy Television Awards Graham Norton hosts the annual ceremony celebrating the best of British TV, including a special recognition award for a member of the Olympics present ng team

10 00 BBC News, Reg onal News; Weather

10 20 Match of the Day Gary Lineker presents highlights of the latest Premier League fixtures, including Stoke City v Tottenham Hotspur and Queens Park Rangers v Newcastle United

11 55 Film: The Whistle Blower (1987) Thriller with Michael Caine. Nigel Havers. James Fox and John Gielgud

1.35 Weatherview **1 40** BBC News

BBC2

6.00 This Is BBC Two. **6.35 Film:** Press For Time (1966) **8.15** Gardeners' World. (R) **8.45** The A to Z of TV Gardening. **9.30** The Beechgrove Garden. **10.00** Saturday Kitchen Best Bites. **11 30** Chinese Food Made Easy. (R) **12.00** Harry Hill's Best of British. (R) Weather for the Week Ahead. **12.50** EastEnders. (R) **2.40** Triathlon. **3.45** Final Score. **5.30** Great British Food Revival

6.00 Flog It! Catherine Southon and Mark Stacey inspect interesting items at St. Petroc's Church in Bodmin, Cornwall. Presented by Paul Martin. (R)

7 00 Coast Stones related to the sea – including a tale that scandalised Victorian Britain when sinkers in a shipwreck face a cabin boy and drank his blood to survive. Last in the series. (R)

8 00 The Challenger Fact-based drama about American physicist Richard Feynman's decision not to reveal the truth behind the 1986 Challenger space shuttle disaster. Starring William Hurt. (R)

9.30 The Fantastic Mr Feynman A profile of Amnr can Nobel Prize-winning physicist Richard Feynman, featuring interviews with the man himself as well as his friends, colleagues and family.

10 00 Mash the Whole Lanks Back at Royals

11 00 "Not Like Any Other Love" The Smiths – A Culture Show Special

11 30 Film. Somers Town (2008)

12 40 Sign Zone. Countryfile. (R)

1.35 Holby City (R) **2.35** Thin In BBC Two

ITV

6.00 CITV: Special Agent Oso. **6.10** Special Agent Oso. **6.25** The Hive (R) **6.35** The Hive (R) **6.40** Dino Dan (R) **6.55** Dino Dan. (R) **7.05** Cammals. (R) **7.10** Cammals (R) **7.20** Almost Naked Animals (R) **7.35** Ultimate Spider-Man. (R) **8.00** Jessie. (R) **8.25** ITV News. **8.30** Saturday Farm. **9.25** The Jeremy Kyle Show USA. **10.20** My Tacky Travels with Lynda Bellingham. (R) **11.20** Murder She Wrote (R) **12.20** ITV News: Weather. **12.30** All Star Mr & Mrs. (L) **1.30** Over Monsters. (L) **2.30** You've Been Framed! (R) **3.00** Regional Programme: Weather **3.05** ITV News, Weather **3.15** The FA Cup Final – Live

7 45 Oniain's Got Talent The auditions mark-two as more singers, dancers and variety acts attempt to impress the four judges and secure a place in the live semi-finals. Ant and Dec present.

8 45 The Cube A Liverpudlian woman in confident she can do well in the contest, having practised all month on her sister while an IT project manager aims to win enough cash for a home deposit.

9 45 The Jonathan Ross Show The host is joined by celebrity mingle James and Louise Redknapp, artist Yoko Ono and actor Vin Diesel. With performances by magicians from The Illusionists and rock band Bastille.

10.45 ITV News: Weather

11 00 FA Cup Final Highlights Manchester City v Wigan Athletic.

12 00 Celebrity Who Wants to Be a Millionaire? School's Out (R) **1 00** Jackpot247: Interactive gaming **3 00** The Starter Wife. (R) **3 52** ITV Nightscreen.

CHANNEL 4

6.10 The Treacle People. (R) **6.10** The Hooks. (R) **6.35** The Hooks. (R) **7.05** Will & Grace. (R) **7.30** Everybody Loves Raymond (R) **7.55** Everybody Loves Raymond (R) **8.25** Frasier. (R) **8.55** Frasier (R) **9.30** Sunday Funeral. **12.00** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **1.00** The Simpsons. (R) **1.30** The Simpsons. (R) **2.00 Film:** The Golden Child (1986) **3.40** Come Dine with Me (L) **4.45** Deal or No Deal: Deal in Space. **5.45** Grand Designs. Clarke's Amazing Spaces. (R)

6.40 Grand Designs. Kevin McCloud meets a couple transforming a 5000-sq-ft derelict basement in west London – and without proper architects' drawings, confusion kicks in almost from the start. (R)

7.35 Channel 4 News

8.00 Celebrity Deal or No Deal. Jade. The toy band take part in a celebrity edition of the game show testing the banker and trying to guess the value of the mystery boxes to win money for charity. Noel Edmunds hosts.

9.00 Film: The Inbetweeners Movie (2011) Awkward teenagers Simon, Will, Jay and Neil head to Greece for a wild holiday – but things do not go to plan. Comedy with Joe Thomas, Simon Bird and James Buckley.

10.55 The Inbetweeners: Top 10 Moments. A countdown of the comedy show's highlights. (R)

11.55 Film. Hachi: Llovo (2009) Comedy starring Jack Stuck.

1 00 Film: Shopgirl (2005) **3.15** Gok's Stylin Secrets (R) **4.10** A Place in the Sun: Winter Sun. (R) **5.05** Deal or No Deal: Deal in Space. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **9.05** Rearry the Racing Car. (R) **9.15** Fifi and the Flowertots. (R) **9.25** Bert and Ernie's Great Adventures. (R) **9.40** The Mr Men Show. (R) **9.45** Milkshake! Monkey. (R) **9.50** Olivia Street. **7.00** Tom Tom and Custard Pie. (R) **7.10** Pajanes in Pyjamas. (R) **7.20** Animal Antics. (R) **7.30** Noddy, In Toyland. (R) **7.40** Olly the Little Engine. (R) **7.50** Little Princess. (R) **8.05** The Adventures of Paddle Pop Tall and His Best Friend Corky. (R) **8.20** Family Team. (R) **8.25** Angelina Ballerina. (R) **8.40** Super Book. (R) **8.55** Milkshake! Show Songs. (R) **9 00** Bing and Hubby's Little Kingdom. (R) **9.15** Toby's Travelling Circus. (R) **9.30** Rearry the Racing Car. (R) **9.45** Jelly Jamm. (R) **10 00** Power Rangers: Super Samurai. (R) **10.35** Batman: The Brave and the Bold **11 00** How Do They Do It? (R) **11 30** Building the London Underground. (R) **12.35** Ten Pole New Lives on the Wild. (R) **1 25** Film: See Spot Run (2001) **3 30 Film:** Wayne's World and the Chocolate Factory (1971) **5.30** 5 News Weekend **6.35 Film:** Godzilla. (1985)

8 00 Once Upon a Time. Emma and Captain Hook climb the beanstalk

9 00 The Truth About Travellers Jenny McKean explores travellers' attitudes to employment. Last in the series

10 00 Film: Blitz. (2011) Premiere Thriller with Jason Statham

12 00 Soho Nines (R) **1 00** SuperCasino **3 55** Michaela's Wild Challenge (R) **4 45** Conny Secrets (R) **4 55** Hana's Helpline (R) **5 00** Angels of Jarm (R) **5 15** Rearry the Racing Car (R) **5 25** The Funky Valley Show (R) **5 35** Hana's Helpline (R) **5 50** Rearry the Racing Car (R)

DIGITAL

BBC Three

7 00 Formula 1 Spanish Grand Prix Highlights. Action from the 4th round of the season. **9 00** Emeir Sandh Live in London **1 00** Russell Howard's Good News Extra **1 45** Sweet thin Small Stuff. Extra Sweaty **10.30** Family Legal Drivers **11 00** Family Guy

BBC Four

7 00 She-Wolves: England's Early Queens **8 00** Remembrance of Caval ne: Which One Am You? **9.00** Wings Over the World **10 15** Love Me Do. The Beatles **12 11.15** Omens of Jazz. The Joy and Pain of the Jazz Deva

ITV2

3.45 Film: Mr Magoorian's Wonder Emp ire from (2007) **4.40** Britain's Got Talent **5 00** Britain n Got More Talent **8.45 Film:** Kindergarten Cop (1990) **9.00 Film:** Couples Retreat (2009) **11 20** Celebrity Jin oe

ITV4

2 30 Film: The Great Gatsby (2000) **4 30 Film:** Thoroughly Modern Millie (1967) **6 00** Agatha Christie s Poirot **8 00** An Andrincw n th Garry Mandrew **9 00 Film:** Something's Gotta Give (2003) **11 30** A touch of Frost

ITV4

11 00 Love Indian Premier League Cricket **1 00** Premiership Rugby Un on **3 00 Film:** Year of the Dragon (1985) **11 00** Capital Checkers

E4

3.40 How I Met Your Mother **4.35** Revenge **5 30** Thin gy Bang Theory **7 00 Film:** St Trinian's (2007) **9 00** Dan on Brown Svengali **10 35** Thin Big Bang Theory **11 35** New Girl

Film4

3 10 Film: Fish (2003) **5 40** Australia (2008) **9 00** Layer Cake (2004) Crime thriller starring Daniel Craig **11 05** Working Girl (1988)

Monday

BBC1 6.00 Breakfast. 9.15 Fake Britain. (R) 10.00 Homes Under the Hammer (R) 11.00 The Sheriffs Are Coming. (R) 11.45 Saints and Scroungers. (R) 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 Frankie. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Weight Way. 11.05 Live at the Apollo. (R) 11.40 Film: Bandslam. Romance. (2009) Drama, starring Gene Hackman and Willem Dafoe. 1.40 Weatherview. 1.45 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dom. (R) 7.50 Animal Frontline. (R) 8.20 Sign Zone. Saints and Scroungers. (R) 8.00 Dead. (R) 10.05 Great British Railway Journeys. (R) 10.35 Click. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Life in the Undergrowth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs' Protege. 7.00 Antiques Road Trip. (R) 8.00 Auction Hero. 9.00 The Fall. 10.00 Never Mind the Buzzcocks. (R) 10.30 Newsnight. Weather. 11.20 The Genius of Marie Curie: The Woman Who Lit Up the World. (R) 12.25 Sign Zone. The Apprentice. (R) 1.20 Keeping Britain Alive: The NHS in a Day. (R) 2.20 This is BBC Two. 4.00 BBC Learning Zone.

ITV 5.00 Daybreak. 8.30 Lorraine. 2.28 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 8.30 Connection Street. 9.00 Vicious. 9.30 The Job List. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Jonathan Ross Show. (R) 11.40 Monk. (R) 12.25 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 This Jeremy Kyle Show. (R)

Channel 4 6.00 The Tracie People. (R) 6.10 The Hooks. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.45 Channel 4 News. Midday Summary. 12.45 Sarah Beeny's Selling Houses. 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Murdered in Tenerife. Channel 4 Dispatches. 8.30 SuperScrimpers. 9.00 Skint. 10.00 Ramsay's Kitchen Nightmares: USA. 11.05 Alan Carr: Chatty Man. (R) 12.05 Random Acts. (R) 12.10 Shameless. (R) 1.10 The Fear. (R) 2.05 Celeb Us. (R) 2.35 Atlantic. (R) 2.40 The Renovation Game. (R) 3.35 A Place in the Sun: Winter Sun. (R) 4.20 Make Do & Mend. (R) 5.00 Deal or No Deal: Beat the Bank. (R) 5.55 SuperScrimpers.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Eddie Stobart: Trucks and Trailers. (R) 12.10 5 News Lunchtime. 12.15 Building the London Underground. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Reverse Angle. (2009) Premiere. Mystery starring Emmanuelle Vaugier. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Following the Panama Canal. (R) 5 News Update. 8.00 Major Morphers. 5 News at 9. 9.00 Ben Fogle: New Lives in the Wild. 10.00 World's Scariest Animal Attacks. (R) 11.00 Film: The Outlaw Josey Wales. (1976) Western directed by and starring Clint Eastwood. 1.40 SuperCasino. 2.55 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Nick's Quest. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Fake Britain. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Sheriffs Are Coming. (R) 11.45 Saints and Scroungers. (R) 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Frankie. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Weight Way. 11.05 Live at the Apollo. (R) 11.40 Film: Bandslam. Romance. (2009) Drama, starring Gene Hackman and Willem Dafoe. 1.40 Weatherview. 1.45 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.50 Saints and Scroungers. (R) 8.20 Sign Zone. The A to Z of TV Gardening. (R) 9.05 Watchdog. (R) 10.05 Paul Hollywood's Bread. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Life in the Undergrowth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs' Protege. 7.00 Antiques Road Trip. (R) 8.00 Auction Hero. 9.00 Keeping Britain Alive: The NHS in a Day. 10.00 Later Live... with Jools Holland. 10.30 Newsnight. Weather. 11.20 The Fantastic Mr Feynman: Joy of Science. (R) 12.20 The Apprentice. (R) 1.30 James May's Man Life. (R) 2.20 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 8.00 Caroline Quentin's National Parks. 9.00 We Want to Be a Millionaire? The People Play. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Jonathan Ross Show. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 This Jeremy Kyle Show. (R)

Channel 4 6.00 The Hooks. (R) 6.30 The Hooks. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.25 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.45 Channel 4 News. Midday Summary. 12.45 Sarah Beeny's Selling Houses. (R) 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Mary Queen of the High Street. 10.00 Shameless. 11.05 Random Acts. 11.10 The Sex Fast Track. A Plot. (R) 12.10 European Poker Tour. 1.10 KOTV. (Boxing Weekly. 1.40 Sailing: America's Cup Discovered. 2.05 The Grid. (R) 2.35 British GT. (R) 3.00 Michael Johnson: Survival in the Fastest. (R) 3.55 A Place in the Sun: Winter Sun. (R) 4.55 Make Do & Mend. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Emergency Divers. (R) 12.10 5 News Lunchtime. 12.15 Benidorm. ER. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Mind Over Murder. (2006) Thriller, starring Tim Spelling. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Big Body Squat. 5 News Update. 8.00 Murder Files: The Haircut Killer. (R) 5 News at 9. 9.00 CSI: Crime Scene Investigation. A rising tennis star is murdered. 10.00 Body of Proof. 10.55 CSI: Miami. (R) 11.50 CSI: NY. (R) 12.45 True Crime: The First 72 Hours. 1.15 SuperCasino. 3.05 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Fake Britain. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Sheriffs Are Coming. (R) 11.45 Saints and Scroungers. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 8.00 Watchdog. 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Film: Wild Hogs. (2007) Biker comedy adventure, with John Travolta. 12.40 Weatherview. 12.45 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.45 Saints and Scroungers. (R) 8.15 Sign Zone. The A to Z of TV Gardening. (R) 9.00 The Great British Sewing Bee. (R) 10.00 Deadly 60 on a Mission. (R) 10.30 Great British Railway Journeys. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Planet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs' Protege. 7.00 Antiques Road Trip. (R) 8.00 Auction Hero. 9.00 Keeping Britain Alive. The NHS in a Day. 10.00 Later Live... with Jools Holland. 10.30 Newsnight. Weather. 11.20 The Fantastic Mr Feynman: Joy of Science. (R) 12.20 The Apprentice. (R) 1.30 James May's Man Life. (R) 2.20 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 8.00 Caroline Quentin's National Parks. 9.00 We Want to Be a Millionaire? The People Play. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Jonathan Ross Show. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 This Jeremy Kyle Show. (R)

Channel 4 6.00 The Hooks. (R) 6.30 The Hooks. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.25 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.45 Channel 4 News. Midday Summary. 12.30 Sarah Beeny's Selling Houses. 1.30 Channel 4 Racing. Live coverage from York. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Mary Queen of the High Street. 10.00 Shameless. 11.05 Random Acts. 11.10 Film: Ben Hur. (1959) Epic starring Charlton Heston. 1.10 KOTV. (Boxing Weekly. 1.40 Sailing: America's Cup Discovered. 2.05 The Grid. (R) 2.35 British GT. (R) 3.00 Michael Johnson: Survival in the Fastest. (R) 3.55 A Place in the Sun: Winter Sun. (R) 4.55 Make Do & Mend. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Eddie Stobart: Trucks and Trailers. (R) 12.10 5 News Lunchtime. 12.15 Fiscal Fire Police. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Mind Over Murder. (2006) Thriller, starring Tim Spelling. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Big Body Squat. 5 News Update. 8.00 Murder Files: The Haircut Killer. (R) 5 News at 9. 9.00 CSI: Crime Scene Investigation. A rising tennis star is murdered. 10.00 Body of Proof. 10.55 CSI: Miami. (R) 11.50 CSI: NY. (R) 12.45 True Crime: The First 72 Hours. 1.15 SuperCasino. 3.05 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Fake Britain. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Sheriffs Are Coming. (R) 11.45 Saints and Scroungers. (R) 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Watchdog. 9.00 Britain's Biggest Hoarders. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 This Week. 12.20 Holiday. Weatherview. 12.25 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.50 Saints and Scroungers. (R) 8.20 Sign Zone. The A to Z of TV Gardening. (R) 9.05 Italy Unpacked. (R) 10.05 Great British Railway Journeys. Goes to Ireland. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Planet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs' Protege. 7.00 The Dambusters. 70 Years On. 8.00 Bradford City of Dreams. 9.00 The Tube: An Underground History. 10.00 Wallace & Oliver. 10.30 Newsnight. Weather. 11.20 Dam Busters: The Race to Smash the German Dams. (R) 12.20 Keeping Britain Alive. The NHS in a Day. (R) 1.20 Sign Zone. Jobs for the Boys? - Peterborna. (R) 1.50 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 America and Its Guns. Tonight. 8.00 Emmerdale. 8.30 Paul O'Grady: For the Love of Dogs. 9.00 Murder on the Home Front. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 V Circus. (R) 11.05 The Job List. (R) 11.30 The Late Debate. 12.00 Jackpot247. 3.00 America and Its Guns: Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Hooks. (R) 6.30 The Hooks. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.25 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.25 Channel 4 News. Midday Summary. 12.30 Sarah Beeny's Selling Houses. 1.30 Channel 4 Racing. Live coverage from York and Newbury. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Unreported World. 7.55 4thought.tv. 8.00 Come Dine with Me. 9.00 Ben Earl: Trick Artist. 10.00 Alan Carr: Chatty Man. 11.05 (Q) Comedy Live. (R) 12.05 Random Acts. 12.10 New Girl. 12.35 The Mindy Project. 1.00 Film: Nurse Betty. (2000) Comedy thriller starring Renee Zellweger. 2.50 Happy Endings. 3.10 The New Normal. 3.35 Accidentally on Purpose. (R) 3.55 First Spin Fling. (R) 4.00 A Place in the Sun: Winter Sun. (R) 4.55 Deal or No Deal. (R) 5.20 SuperScrimpers.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Big Body Squat. (R) 12.10 5 News Lunchtime. 12.15 Star Trek. The True Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: McBride. The Doctor Is Out. (R) Comedy. (2005) Mystery starring John Lamoyette. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cricket on 5. 5 News Update. 8.00 Aliens Are We Alone?. 5 News at 9. 9.00 Film: Daybreakers. (2010) Science Fiction Thriller starring Ethan Hawke. 11.05 True Horror: Dracula. (R) 12.05 SuperCasino. 3.55 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Fake Britain. (R) 10.00 Homes Under the Hammer. 11.00 The Sheriffs Are Coming. (R) 11.45 Saints and Scroungers. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Would I Lie to You? 9.30 Not Going Out. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 The Weight Way. (R) 11.55 Film: Nimfali. (2007) 1.30 Weatherview. 1.35 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Sheriffs Are Coming. (R) 7.45 Saints and Scroungers. (R) 8.15 Sign Zone. The A to Z of TV Gardening. (R) 8.00 Antiques Roadshow. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Planet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs' Protege. 7.00 Antiques Road Trip. (R) 8.00 Secret Millionaire. 9.00 Natural World Special – Leopards: 21st Century Cats. 10.00 QI. (R) 10.30 Newsnight. 11.00 Weather. 11.05 Later with Jools Holland. 12.10 Film: Frozen River. (2008) 1.40 Sign Zone. Question Time. (R) 2.40 This is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Martin Lewis Money Show. 8.30 Coronation Street. 9.00 Life of Crime. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Rambo: First Blood. (1982) Romantic comedy starring Jennifer Aniston and Kevin Costner. 12.25 Jackpot247. 3.00 Film: Columbo: Dead Weight. (1971) 4.15 ITV Nightscreen.

Channel 4 6.00 The Tracie People. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.25 Channel 4 News. Midday Summary. 12.30 Sarah Beeny's Selling Houses. 1.30 Channel 4 Racing. Live coverage from York and Newbury. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Unreported World. 7.55 4thought.tv. 8.00 Come Dine with Me. 9.00 Ben Earl: Trick Artist. 10.00 Alan Carr: Chatty Man. 11.05 (Q) Comedy Live. (R) 12.05 Random Acts. 12.10 New Girl. 12.35 The Mindy Project. 1.00 Film: Nurse Betty. (2000) Comedy thriller starring Renee Zellweger. 2.50 Happy Endings. 3.10 The New Normal. 3.35 Accidentally on Purpose. (R) 3.55 First Spin Fling. (R) 4.00 A Place in the Sun: Winter Sun. (R) 4.55 Deal or No Deal. (R) 5.20 SuperScrimpers.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Motor Morphers. (R) 12.10 5 News Lunchtime. 12.15 The Renewal Man. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film: Blue Smoke. (2007) Thriller, starring Alicia Witt. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cricket on 5. 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. 9.00 The Mentalist. 9.55 CSI: Miami. (R) 10.50 CSI: Miami. (R) 11.45 True Crime: The First 72 Hours. 12.15 SuperCasino. 3.55 Makeupart Mandela. 4.20 Fiscal Fire Police. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Chichester Herald

CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER

Find us on twitter @chiherald

Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week

Tel: 01243 200999

Email: advertising@chichesterherald.co.uk

www.chichesterherald.co.uk

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Waitrose to halve its packaging

WAITROSE has announced an ambitious target to cut its packaging in half by 2016. And the retailer has announced three major changes to its product ranges that will help achieve this target, to gather saving nearly 100 tonnes of packaging each year.

The Meal from Waitrose range of prepared meals has been relaunched with a full redesign and packaging updates for all of the 49 products within the range. The width of the sleeves on the outside of the products has been decreased, resulting in a reduction of 33 tonnes of packaging per year - equivalent to a 20 per cent overall weight saving.

It is also the first time that a retailer has introduced aluminium trays, lacquered both internally and externally, for ready meals, achieving a more attractive, earthenware appearance. This means that customers can cook and serve the meals in the same tray and are still able to recycle it after use.

The Good to Go range of 190 snacks and sandwiches has also been re-launched, with packaging reductions totalling 25 tonnes per year. Changes include increasing the size of the clear window on sandwiches to allow better visibility of the product, cutting 11 tonnes of packaging per year. Pre-printed bags for fruit portions were also developed.

British bakery tastes changing as demand for speciality bread continues to soar

BRITISH shoppers' huge demand for increasingly exotic speciality bread is creating a quiet revolution in high street bakeries.

In the last year at Tesco alone, shoppers have bought an incredible 20 million more speciality breads and rolls than they did the year before – a rise of 50 per cent.

The growing demand has helped swell the value of the UK speciality bread market to £123 million, according to retail analysts Nielsen (April 2013).

As a result of that demand, the supermarket will this week launch a major range change to its 900 in-store bakeries with speciality bread taking up the lion's share of the 50 new bakery lines.

Among new lines being introduced are:

- Muesli bread
- Cheese and roasted mixed pepper focaccia
- Chilli and mango naan bread
- Caramelised onion bread
- Garlic and coriander pitta
- Oat and barley roll
- Paneer cheese and spring onion naan
- Fougasse (A French variation of the flatbread focaccia)

The bakery range change is the latest move by Tesco to improve its core UK business - a promise made to its customers last year.

Tesco bakery category director Nick Tatum said: "The times are changing for the British baker and over the last few years we've seen the emergence of the adventurous new type of shopper who is eager to try more exotic varieties of bread and rolls.

"Instead of seeing bread as just something to toast in the morning or make a sandwich with, more people are beginning to appreciate it as a food to savour and one that can have many different flavours and complex tastes.

"This has resulted in a major boom for speciality bread with sales of focaccia, ciabatta and Mediterranean varieties as well as world breads such as flavoured naan, pitta and tortillas all selling really well.

"Britain is now one of the most culturally diverse nations on earth so it's not surprising that our food tastes have widened over the last few decades."

Britain's most popular speciality bread is Mediterranean bread while other top sellers include kalamata olive loaf, walnut bread, three cheese loaf, and sourdough loaf.

Tesco is also launching new variations on old favourites and these include deep filled crumpets, bancoffee pancakes, cherry scones, a chocolate chip brioche loaf, pretzel rolls, and chocolate chorine bread.

CHICHESTER
DRAGON BOAT
CHALLENGE 2013
CHICHESTERDRAGONBOATS.ORG.UK
SUNDAY 2ND JUNE
LIKE ADVENTURE!
Are you fit, healthy, fun-loving and ready to
Join all the contestants at The Rotary Club of Chichester Priory's
DRAGON BOAT RACE DAY on Sunday 2nd June.
To register your interest in entering,
chichesterdragonboats.org.uk
Perhaps you have friends who would like to join you so that you can enter a team or club boat.
Our Dragon Boat Day raised thousands of pounds last year, all of which went to needy Rotary charities, and our own principal partner charity, CANCERWISE.
GET INVOLVED! RAISE MUCH-NEEDED MONEY AND HAVE THE TIME OF YOUR LIFE!

Sainsbury's spearheads launch of responsibly sourced fish

SAINSBURY'S will be the first major retailer in the UK to launch Aquaculture Stewardship Council (ASC) certified River Cobbler from this week. Farmed in South East Asia, this white fish is a step towards more responsibly farmed alternative fish being available in the supermarket.

The fish, which is an alternative to Cod and Haddock is native to the Mekong Delta and has been commercially farmed there since early 2000. Sainsbury's has been working with ASC since 2011 to ensure the fish from Vietnam can be certified. The process involves assessing the comprehensive environmental and social criteria as set by ASC standard – this includes the need to conserve local biodiversity and impact on the local communities. Of particular importance is to ensure the feed used is sourced from known and sustainable sources.

The ASC is an independent global organisation that works to transform aquaculture towards environmental sustainability and social responsibility. The ASC manages the worldwide standards for responsibly farmed seafood and is committed to preserving marine and fresh water habitats, while endorsing social standards.

River Cobbler – also referred to as Basa or Catfish, is grown in ponds for around nine months. Because of its similarities to more common fish like Cod and Haddock it has a mild taste with a light, flaky texture. It is ideal when baked with spices to bring out the flavours or as a great value option for making fishcakes.

Ben Wheeley, Fish buyer at Sainsbury's says: "Customers are often confused what fish they should or shouldn't eat due to where it's sourced from. This gives them more confidence that they're enjoying a responsibly sourced fish – which tastes great.

Like most white fish River Cobbler is really versatile, for a simple dish, bake it and serve with some grease or add it to a pea and mint risotto."

This launch is a key step towards Sainsbury's commitment for all fish we sell to be independently certified as sustainable by 2020 building on our position as the No1 UK retailer for Marine Stewardship Council (MSC) with over 130 products, covering the fish counter to ready meals.

Chris Nicosse, CEO of the ASC says: "As the leading UK retailer of certified seafood this is an important milestone for the ASC. I am delighted that Sainsbury's is launching ASC certified River Cobbler products in their seafood assortment. Customers now have the choice to buy farmed fish that has been produced with little to no impact on the environment and with respect for local communities. ASC's global certification programme encourages the use of best practices in aquaculture, recognises and promotes the sale of responsibly produced farmed fish, and reassures consumers that the fish they buy has been produced in a responsible manner. Look out for the ASC logo on pack."

BRAND NEW MENU
GOING LIVE TODAY
AT 57 NORTH STREET,
CHICHESTER

The Ship Menu

STARTERS

...s and sun blushed tomatoes	£3.50	House made hummus and pitta bread	£3.50
Tomato, mozzarella and pesto focaccia	£3.95	Garlic bread Garlic bread with cheese	£2.50 £2.95
Mixed bread selection	£3.50	Goats cheese brulee	£3.50

Kir Royal £8.95 Bellini £8.95 Bloody Mary £7.00

LIGHT MEALS

Croque monsieur or madame	£7.50	House scampi	£9.95
Eggs benedict The Ship's way smoked salmon or parma ham	£8.95	Admirals club sandwich	£9.95
Smoked salmon and scrambled egg bagel	£8.95	Oriental duck tortilla	£9.95
Smashed avocado crispy chicken and pickled onion tortilla	£9.95	Black and white bean quesadillas and guacamole	£8.95

STARTERS

House made soup of the day crusty bread and butter	£4.95
Crispy soft boiled duck egg with pancetta chards and brioche soldiere	£5.95
Chicken bacon, roasted garlic and thyme terrine chutney and toast	£6.50
Selsey crab cocktail	£7.50
Caramelised shallot tart tatin golden coated goats cheese	£6.75
Parma ham, bresaola, salami, mozzarella and roasted artichoke platter	£6.50 /£11.50
Grilled halloumi, water melon, vodka and rocksalt	£5.75
Griddled asparagus cherry tomatoes, parmesan and caper butter	£6.50

SHARERS For two

Ship's Plank Soup shot crispy fried duck egg with brioche fingers oriental duck salad Ship's cottage pie parma ham and bresaola whitebait mini burger chicken terrine, king prawn & cherry tomato skewers and onion rings	£27.50
Vegetarian Plank, Soup shot goats cheese brulee hummus guacamole toasted pita bread, artichoke sun blushed tomatoes & olives skinny carrot fries crispy fried duck egg with brioche fingers halloumi and red onion burger	£22.50
Whole roasted chicken crown fries bread sauce peas and tarragon white wine jus	£25.00

MAIN COURSES

House smoked cod shrimp and chive fishtake buttered baby spinach and poached duck egg	£12.95
Individual cottage shepherd and venison pies with a minted pea puree	£13.95
Sea trout samphire potted shrimps, roasted baby new potatoes and lemon	£14.50
Rump of lamb crushed new potatoes confit garlic and spinach	£15.95
Parmesan spring chicken, roasted vegetables and new potatoes	£13.95
Traditional fish and chips peas and house tartare	£12.50
Aubergine cannelloni, roasted artichoke, gorgonzola and provencal sauce	£11.25

PASTA & SALAD

Angel Hair with prawns asparagus, smoked salmon and prosecco	£12.95
Tagliatelle with caramelised onion, kale and gorgonzola	£10.95
Fritto misto salad	£8.00 / £15.50
Oriental duck salad	£6.95 / £13.50
Cold poached salmon baby new potatoes salad, chive and lemon mayonnaise	£12.95

SIDES £3.00 each

Skinny carrot fries	Broccoli gratin or spinach
New potatoes	Seasoned skinny or fat chips
Creamy peas beans and mint	Garlic buttered kale

GRILL AND STOVE

28 day char grilled steaks all sourced from our local leading butcher and served with chips field mushrooms and cherry tomatoes

10oz Rump steak	£15.50
8oz Sirloin steak	£18.95
8oz Fillet steak	£24.95

Surf and turf your steak add garlic prawns	£3.50
Add peppercorn, blue cheese or béarnaise sauce	£1.90

Slow roasted spiced pork belly with black cherries and crushed new potatoes	£14.50
Griddled calves liver and smoked back baron served on champ potatoes with onion and red wine jus	£14.95
Gourmet homemade burger in a seeded bun with seasoned fries and salad garnish	£12.00
Blackened cajun spiced and seasoned chicken burger	£12.00

Add mozzarella or cheddar £1.50 Bacon or pancetta £1.50 Onion rings £1.50

DESSERTS

Espresso mousse, chocolate ice cream and candied walnuts	£6.25
Ginger crème brulee and pineapple confit	£6.25
House strawberry and mango pavlova	£5.95
Raspberry millefeuille	£5.95
Warm crunchy pistachio coated bananas with coconut sorbet	£5.95
Selection of local ice creams and sorbets	£5.50
Your own cheeseboard For one For two	£7.50 £11.50

COFFEE

Americano	£2.20	English tea	£2.20
Cappuccino	£2.30	Earl grey or herbal	£2.30
Cafe latte	£2.30	Hot chocolate	£2.60
Espresso	£2.20	Liqueur coffee, your choice from	£5.00

DESSERT WINES

	75ml	Half Bottle
VAT 5 Botrytis Semillion De Bortoli 2010	£4.50	£18.50

AFTERNOON TEA

£10.00 per person

Cucumber or egg and cress or smoked salmon finger ... cream and strawberry jam cup cake and house ta...
Tea or coffee

PRIX FIXE PRE THEATRE MENU ALSO AVAILABLE
RESERVATIONS 01243 778000

Not all ingredients in our recipes are clearly identified on the menu We care for your wellbeing and customers with ... needs with our team who will be happy to talk to the chef and advise on appropriate ...
Dinner, bed and breakfast guests receive a £30.00 per person per night food allow...

Any gratuities are left entirely at your discretion

www.theshiphotel.net Telephone 01243...

Fenugreek – Your health and body benefits!

Denise Kelly

THERE are so many herbs and spices that can offer us tons of health benefits and fenugreek is definitely one not to be missed off the list.

Did you know that fenugreek could help build muscles, burn body fat and protect against type 2 diabetes and heart disease? Fenugreek is so much more than just a flavourful spice to add to chicken, curries and salads. It's been a century-old favourite among ayurvedic practitioners and herbalists for treating ailments forever. Recent research highlights another benefit of fenugreek which is so interesting! It's all about muscle strength... and perhaps a leaner, trimmer figure as a bonus.

For one study that was published, 49 men were separated into 2 groups. The control group received a placebo while the variable group supplemented with fenugreek extract. Both groups underwent a strength training workout 4 days a week for 8 weeks. At the end of the study, the men supplementing with fenugreek exhibited a greater increase in lean body mass and a reduction in overall body fat percentage. However, that is not where it ends! Fenugreek helps defend against and treat Type 2 diabetes, by keeping blood sugar levels balanced and slowing the absorption of sugars in the stomach and stimulating insulin. Fenugreek has also been found to lower cholesterol and triglyceride levels, ensuring added defense against diabetes, heart disease, and stroke. (If you are currently taking medication to control or prevent diabetes or heart disease, consult your doctor before adding fenugreek to your treatment plan.)

Fenugreek offers benefits to both men and women. Rich in saponins, a potent plant phytochemicals, fenugreek is thought to stimulate male and female hormones, working to balance and harmonise them, and it has been known to also increase sexual performance and energy in both male and females. Fenugreek has long been used as an herb that induces childbirth and promotes milk flow in breast feeding women. It also helps balance hormones in females, and is renown for its ability to soothe the symptoms of PMS and the menopause. It is also known that fenugreek helps grow new breast cells for fuller breasts. Always worth a try if that is what you want!

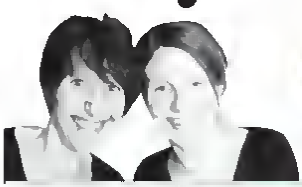
Centuries of empirical evidence attest to the healing powers of fenugreek. It helps cure digestive problems such as upset stomach, diarrhea, constipation and loss of appetite. Naturopaths commonly treat kidney ailments with fenugreek, which is believed to reduce the presence of calcium oxalate in kidney stones. It also cures more common conditions such as chapped lips, baldness, boils, and mouth ulcers. You can spice your favorite foods up with fenugreek, or you can supplement in extract form. Fenugreek is safe and natural, but pregnant women should always speak to their health care providers about any supplement or medicine, as fenugreek has been known to induce childbirth.

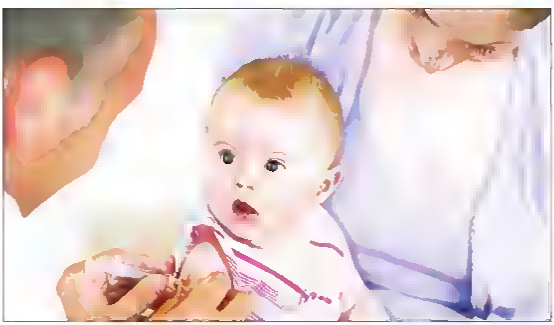
Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Wash your hands after getting cash!

CLEANLINESS tests have revealed that cash machines are as dirty, and carry the same germs, as public toilets. Yuk! When scientists took swabs from urban ATMs around the UK, they found the machines were heavily contaminated with bacteria, including those known to cause sickness and diarrhea. Apparently all sorts of organisms are transferred to the buttons on an ATM. So, the message is clean up after getting your cash out!

Why wait to vaccinate!





By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

MAKING decisions is always hard but when you are a parent it's one of the hardest things you will have to do because you are not making decisions for yourself but for your child. There are so many choices we have to make for our children – when to start weaning, when to start potty training, which nursery or child-minder to send them to, which school they should go to. But the very first decision we have to make for our newborn babies is whether or not to let them be vaccinated.

When children are born they have a natural immunity to some diseases because it has been passed to them through their mother's placenta. After 2 months this immunity runs out. That is why the first 5 in 1 single vaccination against diphtheria, tetanus, whooping cough, polio and Hib B should be given when your child is 2 months old. That way they will carry on being protected, without a break, with a top up at 3 months. Babies are naturally protected against measles, mumps and rubella for up to a year, which is why the MMR vaccination does not have to be given until they are 1 year old.

Making the decision to get your child vaccinated is very hard. There are often mild side effects – pain and redness where your child had the injection, increased crying and a mild fever. But you can help by worrying that your child might be the one that has a terrible reaction. It is easy to listen to the horror stories you hear about the terrible side effects of vaccinations and to forget about the awful consequences of catching the disease itself. At its most extreme Measles can cause blindness and even death and Mumps can cause viral meningitis and Rubella (German Measles) can affect the development of the foetus if you are pregnant.

If 90% of the population is vaccinated, then herd immunity would mean that even those children who can't be vaccinated (if they are being treated for cancer or have a low immune system) would be protected.

Taking your child for their first jab is very scary. The thought of someone sticking a needle into their arm and hurting them is horrible. But most professionals are so skilled that your baby barely notices and if they do, it is over in an instant and you will be there to give them even more hugs and kisses than usual.

As a parent you don't have to let your child be vaccinated. The most important thing is that you feel you are making the right decision. So talk to your health visitor or your GP or to friends.

It can be a very hard decision to make but a tiny pin prick now could prevent something that hurts much more in the future.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone: 01243 642950. Website: www.chichester-nur.w-sussex.sch.uk

Spire
Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people

Receive expert private healthcare in beautiful surroundings from a highly trained team dedicated to your personal care

Spire Portsmouth Hospital making it easy to get the treatment you need

To find out more, please call **02392 456172**
or **email info@spireportsmouth.com**
www.spireportsmouth.com

Get better sooner

Just make a one off payment or use your insurance

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Toolbox of mum and dad plugs the DIY skills gap

A GROWING DIY skills gap and an empty toolbox is leaving young adults ill-equipped to do basic household maintenance tasks, relying instead on mum and dad for both advice and hands on help.

Less than two fifths (36%) of young people know how to do a selection of the basic household DIY tasks, such as putting up a shelf, changing a fuse or assembling furniture. And one in five (20%) don't have any basic tools such as a hammer, screwdriver or spanner, according to new research by Aviva that highlights the extent of the DIY skills gap among the generations[1].

The younger generation (18-24 year olds) are up to four times less likely to be able to do a selection of basic DIY tasks than the older generation (65+ year olds). The skills gap is most pronounced on jobs such as tiling a bathroom (only 9% of 18-24 year olds could complete, compared to 45% of 65+ year olds) and fixing a leaking top (only 14% of 18-24 year olds could complete compared to 42% of 65+ year olds).

While many of us (43%) turn to the internet to plug our DIY skills gap and gain advice and help on how to complete simple home maintenance tasks ourselves, 51% of 18-24 year olds instead turn straight to mum and dad for advice on solving their DIY dilemmas.

But it's not only DIY advice that grown up children are looking for. More than half (55%) of empty nest parents with children up to the age of 40 are still being called upon to actually help with hands on home improvements in their children's homes.

Parents spend the equivalent of nearly one hour per week (51 hours per year) carrying out home improvements for grown up children aged 20-40 living away from home, doing tasks that would equate to over £1,2802 per year if carried out by a professional tradesman, including garden maintenance (47%), painting (46%) and building and assembling furniture (34%).

In addition to their time, parents fork out an average of £3341 per year to buy materials and goods to help with their grown up children's household improvements.

Unsurprisingly, 51% of parents believe they were more capable of handling their home improvements at their children's age than their children are nowadays.

Anyone seeking specific help and advice on vital home maintenance skills can find a range of information to help on Aviva's website aviva.co.uk/help-and-advice/home-advice.

Big pants for the big day

BRIDEGROOMS across the country are in for a shock on their wedding night according to Debenhams.

The retailer today has released sales data that shows for the first time brides are turning their backs on pretty lace lingerie and plumping for control wear figure tucking pants.

So large is the demand that figures from Debenhams show that Spanx out sell bridal lingerie six to one.

The shift in lingerie habits according to the retailer is due to the fact that brides now worry more about what their guests think about their figure than their new husband.

Says Sharon Webb, head of lingerie buying and design at Debenhams: "Historically, traditional bridal lingerie was more popular than control underwear but with photos being taken left, right and centre the bride needs to look her best at every angle, shapewear will help with this so the bride just needs to remember to smile."

"Every woman deserves to feel beautiful and confident on their big day so there is no shame in wearing problem solving pants, waist nippers and body shapers as they can help enhance your favourite features or hide any lumps and bumps that you want to disguise.

"Control lingerie is also much more fashionable and comfortable now than when your Granny was getting married."

Previously a red carpet secret, Spanx are now proudly worn by Hollywood A listers such as Kim Kardashian, Gwyneth Paltrow Sienna Miller Jessica Alba Beyonce and even small waisted Rochelle from the Saturdays admitted to wearing them under her wedding dress last year.

Saye Debenhams Personal Shopper Alana Mehada "When it comes to bridal fashion, every bride wants to look her best, after all, it is her big day and she will be in the spotlight. So, what a woman chooses to wear under her dress is a crucial component that can boost her confidence and sharpen the overall look.

"We were shocked to see more and more bride-to-be's with Spanx in their basket rather than traditional bridal lingerie but it's actually quite refreshing and completely understandable, they are the ultimate guilt free garment to perfect your figure.

"Come your wedding night, you'll look so seductive that the groom will be happy to have and love to hold."

Horoscopes

Horoscopes from Kimi
03 May – 08 May

Aries

You will be having a bit of a clear out this week, your wardrobe, your home and your life. You are seen as a bit of a bit flighty and frivolous but there is another side to you. People may be surprised this week when you make a moral stand on a certain issue but stick with it.

Taurus

You get your head down this week and manage to complete many tasks. Your talents are beginning to be recognized and you may find that you are at the threshold of making inroads into a new career perhaps in the arts or media. Philanthropy is also high on the agenda at the moment; you may be the benefactor or recipient!

Gemini

Cautiousness is not a word one would normally associate with Gemini but you need to show some this week. Take your time, listen to alternative views and then make a considered decision. Your home is in need of some TLC and you may need to get the builders in. Don't panic what looks costly turns out to be relatively inexpensive.

Cancer

You feel the wind of change whistling through your life and you find it a little unnerving. Just remember not all change is bad. In your case quite the converse. The coming months could prove to be very positive for you so just try to stay calm and all will be well. Good week for dinner parties and lunch dates.

Leo

All things on the home are at the forefront of your mind this week. You are thinking of making changes and are concerned about the impact this may have on your domestic situation. The sudden realization that actually life is pretty ok makes you reticent to rock the boat. Keep your cool this week, particularly at work.

Virgo

You are desperate for some clarity this week and you appear to be surrounded by confusion, this could make you a little irritable. Try not to let it get to you, someone is not deliberately being obtuse they just really do not have the answers to the questions you ask. You will need to undertake your own research.

Libra

A family member or friend gives cause for concern this week. Try not to worry too much it is just possible that their health issues are related to diet or life style choices and can be resolved relatively easily by making the appropriate choices. There may be a trip down memory lane this week with an old friend or colleague.

Scorpio

You could be getting a new neighbour or a new work colleague. This person will bring new and refreshing ideas to you and you may find your thought processes radicalized by them. A family member or long standing friend may need your physical or emotional help this week and you get a sense of well being by showing your support.

Sagittarius

You are busy busy busy this week and not just at work. Your business and social calendar is so full that you may be tempted to take your eye off the ball. Do that at your peril. You need to keep a careful watch on your spending this week and if you have a joint account even more so.

Capricorn

There may be an opportunity to work in a field you never thought possible. Who's the lucky one? As thrilling as the prospect of a new job or career change may be please try to be a little cautious. Make sure that you dot all the "i's" and cross all the "T's" scrutinize any contract carefully before you sign.

Aquarius

You may be thinking of purchasing a property in the not too distant future or looking for an up market rental. You could be about to find the home of your dreams if only you do a little homework. If you use your contacts both personal and professional to help you make an informed choice all should be well.

Pisces

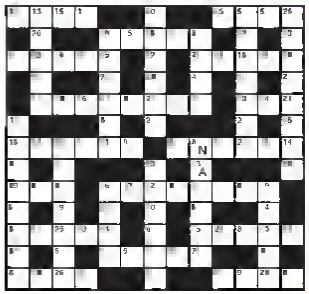
Things are a lot calmer at work and at home this week. Thank goodness for that you say! All things creative are on the cards. You have the opportunity to expand your horizons and learn a new skill. Enjoy your new found interest or hobby and indulge yourself a little, you deserve it after the maelstrom of last week.

Brain Gym

No.117

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8 N	21
9	22
10	23
11	24
12	25
13 A	26

Last week's solutions

1 R	2 Q	3 Y	4 P	5 A	6 F	7 B	8 U	9 T	10 S	11 X	12 H	13 L
C	M	N	J	E	Z	G	V	I	D	K	W	O

Wordsquare

S	C	E
N	E	S
O	S	I

Give yourself ten minutes to find as many words as poss ble using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

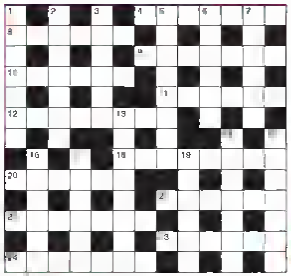
8 words - average,
12 words - good,
16 words - very good,
20 or more - excellent

Last week's solutions:

able agile, alien angel, angle bagel bale, bane bangle, bean began begin, being bell belting, bile bilge bine binge, bing, gable gale genial gible, gleam glen, illegal lethal labelling, labile lane lean, legal table tibial tien, lingo, line, lineal.

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

4. Requests for a variety of apples (7)
8. If lost, they may be broken (6)
9. Study one sporting event or another (7)
10. I creep around being useful to the cook (5)
11. Looked deeper perhaps (6)
12. This gallery is no place for the artist who creates a scene! (8)
18. It was left at sea (6)
20. Routed as a diversion (6)
21. Superior gambler (5)
22. Slow train that follows one that is late (7)
23. Achieves success with the orchestrations? (6)
24. A target for a race-meeting (7)

Down

1. Pray the change will do you good! (7)
2. A girl sent round transport for the sailors (7)
3. Possible result of giving us part! (6)
5. If you start to act dumb, he should help you (6)
6. The respect in which going up means the point (6)
7. He should honour his agreement to the letter (6)
13. It expresses assent and no mistake! (3-5)
14. Runs ten cars perhaps (7)
15. Speech and attire of modern times (7)
16. Break into plain language? (6)
17. I left first followed by a Shakespearian heroine (6)
19. Turn pale (6)

Quick Clues:

Across

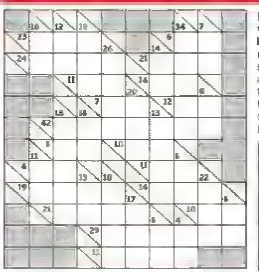
4. Particular (7)
8. Filament (6)
9. Startled (7)
10. Rotten (6)
11. Illness (6)
12. String of beads (6)
18. Apportion (6)
20. Run aground (6)
21. Dan (5)
22. Lefty (7)
23. Relax (6)
24. Balcony (7)

Down

1. Salary (7)
2. Defend (7)
3. Of the eye (6)
5. Helter-skelter (4-4)
6. Ring (6)
7. Items of business (6)
13. Scholarly (6)
14. Sickly-sentimental (7)
15. Fate (7)
16. Arrange tidy (6)
17. Higher (6)
19. Speaker (6)

Last week's solutions.
CRYPTIC Across 1 Nightshirts 9 Tip 10 Plant tree 11 Entry 13 Nel gwn 14 Larder 16 Razors, 18 Justice 19 Dibs 20 Crime wave 21 Err 22 Best sellers. Down 2 Imp 3 Happy 4 Stains 5 Inertia, 6 Turn about, 7 Sleeplessness 8 Tennis court 12 Turnstile 15 Evident 17 Retrace 18 Dwell 21 Ear. QUICK Across 1 Legislature 9 Use; 10 Negotiate 11 Dolls 13 Sullied 14 Shriek, 16 Strain 19 Artiste 19 Buyer 20 Cast aside 21 Eel 22 New Year's Day. Down 2 Ewe 3 Emes 4 Digest 5 Material 6 Imaginary 7 Outdistance 8 Leading role; 12 Firestarter 15 Ecstasy 17 Retina, 18 Bless; 21 Era.

Kakuro



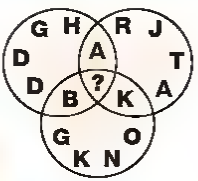
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Circlegram

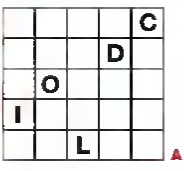
Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is A. Diamond, Emerald, Sapphire, all gemstones.

Alphamuddle

Rearrange the letters in the grid A to make five words that read both across and down. Five letters have been placed to start you off.



C	O	L	C	L
A	D	I	E	A
L	N	D	A	E
E	O	S	L	N
B	P	I	V	E

B

Last week's solutions
Blind, Liver, Ivory, Nerve, Dryer

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > Finish top in Scottish Simple, Intermediate, Difficult

Simple

	2		7		4	5		
5	4			9			1	8
		7	1			9		
				1	7		8	9
3		2		4				7
7	8			2		4	6	
			9		5	6		
8	6			7			9	
		4			1		2	5

Intermediate

	5		4		7			9
			6		9		5	
7	4							8
		3		7	4		1	
		7		3		5		
	8		9		2			6
4							6	3
	2		7	6	8	9		
1					3		8	

Difficult

1			8					
8	9					3	1	
		5			6		4	
9				4				1
		6				7		
7				8				3
	7		2			1		
	3	1					5	9
					5			7

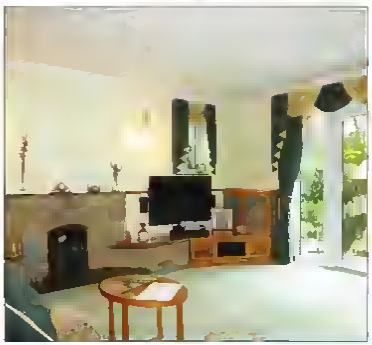
Chichester HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter @chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

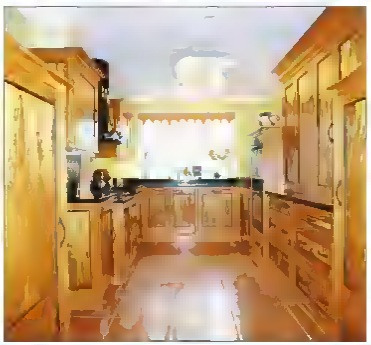
Property

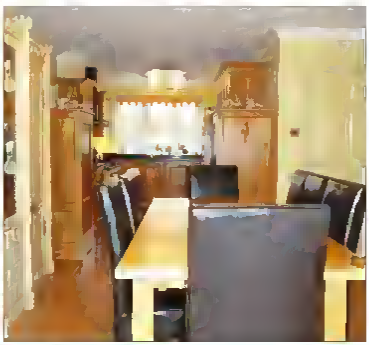
FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

An exceptional five bedroom det house situated in a cul de sac of just four similar properties located within half a mile of shopping facilities at Rose Green & a little over half a mile to the beach. The current owners have carried out a comprehensive programme of refitting the property with an extensive range of high quality bespoke furniture G F H u P.V.C. double glazing cloakroom & dual aspect living room with feature Art Deco style cabinets a superb kitchen/dining room fitted with an extensive range of handbuilt solid Beech units and an imaginative display/storage unit in the style of a castle good sized utility rm fitted with matching handbuilt furniture gr fl bedrm master bedrm with extensive handbuilt furniture & en suite shower rm bedrm two (currently utilised as an office with handmade furniture throughout) 2 further bedrms, bathrm double garage & landscaped gardens including a South Westerly rear EPC Rating D

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk







coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

rightmove.co.uk The UK's number one property website
PrimeLocation.com
NAEA
Zoopla.co.uk Your advantage in property
The Property Ombudsman

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach gas central heating uPVC double glazed carpets cloakroom lounge dining room with library area South facing balcony kitchen master bedroom with en suite bathroom and dressing area second bathroom garage UNOBSTRUCTED SEA VIEWS EPC rating is C

ALDWICK BAY ESTATE **£795,000**

An elegant German style detached residence situated in the premier thoroughfare of the Aldwick Bay private marina estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment & remodelling in recent years. G F H a new slate roof with enhanced insulation modernised electrics including external power points to the front and rear, u P V C double glazing Thermal/F ready wall insulation, entrance hall, a cloakrm a 25' triple aspect lounge a triple aspect garden rm, bright & spacious dual aspect kitchen/dining rm separate utility rm a study/office a master bedrm with en suite shower rm 3 further bedrooms, a bathrm, garage & good sized remodelled & replanted gardens with a new block paved drive & wrought iron gates EPC rating is C

ALDWICK **£575,000**

A superbly presented New England style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years: G F H u P V C dble glazing replacement wiring /plumbing & sanitary ware etc. a cloakrm a triple aspect lounge spacious kitchen/dining rm utility rm, study/tv room an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm 3 further bedrms family bathrm an integral garage & well maintained gardens to the front and rear EPC rating is E

ALDWICK **£395,000**

A detached Georgian style house situated within 400 yards of the beach & around half a mile from shops and schools The property has been refurbished & remodelled by the current owner & includes G F H u P V C dble glazing dual aspect lounge good size kit/dining room refitted cloakroom master bedroom with refitted contemporary shower suite three further bedrooms refitted bathroom detached double garage & e South East facing rear garden. EPC Rating D

ALDWICK **£395,000**

An extended and refurbished individual four bedroom family house situated on a corner plot within a quarter of a mile of shops around half a mile from schools and the beach G.F.H u P V C dble glazing u P V C fascias cloakroom, dual aspect lounge dual aspect family room dual aspect kit/dining room en suite shower room sep bathroom detached garage and South Westerly rear garden EPC RATING C

ALDWICK **£219,950**

A stylishly presented two bedroom first floor apartment situated approx 400 yards from the beach The specification includes g f h delightful dual aspect living rm fitted kitchen bathroom separate w.c./cloakroom single garage with additional parking for several vehicles use of the landscaped communal gardens and storage area beneath the main building Residents of The Grange have access to a private beach via gate in nearby Waters Edge EPC rating is D

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes, gas fired heating, dble glazing u P V C fascias & soffits living room with patio doors overlooking the delightful rear garden refitted kitchen bathroom parking & rear garden. EPC RATING. D

Miller Homes offers more help to homebuyers

LICENSING APPLICATION - LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the *Grant* of a Premises Licence under Section 17 of the Licensing Act 2003

Details of the application

Name of Applicant:

Billys on the Beach Ltd

The Kiosk, Bracklesham Lane, Bracklesham Bay

PO20 8JH

Brief description of application

Retail Sale of Alcohol, both 'On' and 'Off' the premises, 10am - 9.30pm every day of the week'

A copy of the statutory register may be inspected during normal office hours at the address shown below

Any Responsible Authority or other person wishing to make representations on this matter must submit these representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the ***30th May 2013***

It is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000)

LEADING housing developer, Miller Homes, will be helping potential homebuyers on all stages of the property ladder make their next move following the launch of the Government's new Help to Buy scheme

Miller Homes will be offering the scheme, which is now available to home movers as well as first time buyers, at its developments across the country

Help to Buy will offer assistance for buyers who only have a small deposit of around 5% through the provision of a 20% equity loan from the Government for those who meet the qualifying criteria, meaning buyers only need to secure up to a 75% mortgage from a bank or building society

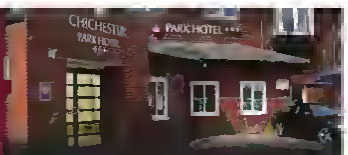
This is an extension of the existing FirstBuy scheme and applies to new build properties up to the value of £600,000 in England

Chris Endean, Chief Executive of Miller Homes, said "We are delighted to be able to offer Help to Buy to our customers. The introduction of the initiative provides another welcome boost to the housing market by offering more help for those who only have a small deposit.

"Increasing the supply of low deposit mortgages to a wider range of people, including those who are looking to move up the ladder as well as first time buyers, will have a positive impact on the market overall."

Miller Homes currently has more than 50 developments across England featuring a range of properties which cater for the needs of a wide variety of buyers, from those looking to purchase their first home to growing families and downsizers

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400

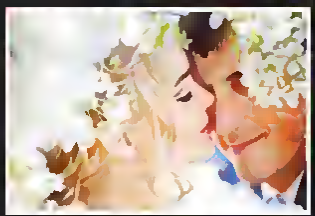


WEDDINGS
at Chichester Park Hotel

To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues.

Chichester is a magnet for brides and grooms; The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location.

Visit our website for more information on why Chichester Park Hotel is the right venue for your big day.



Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel. 01243 817400 www.chichesterparkhotel.com

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

SPITFIRES, MERLINS & MOTORS AT IWM DUXFORD

28 JULY 2013

Adult £48, Senior Citizen £46 & Child £20

For this new event, the iconic Spitfire has been partnered with stunning classic cars, represented by car clubs such as the Rolls Royce Enthusiasts Club. Hear the unmistakable roar of the exhilarating engines that power these thrilling modes of transport.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

60% can't find an honest tradesman

FOUR in ten British homeowners say they feel nervous about using a builder or tradesman for projects around the home or garden, a study has revealed. Nearly three quarters of Brits said they feel anxious when it comes to dealing with workmen they haven't met before, and almost half feel they are going to get ripped off.

Despite these fears, 70% never bother to check for professional credentials, and three quarters don't even know the last name of the person they are hiring.

Less than one in four said they took up references from previous customers.

Of the 2000 homeowners polled, 60% claim it's difficult to find an honest tradesman.

Over half were concerned they would start a job but take too long to finish it and 46% thought that they would be charged more than the original quote.

In the current economic climate, a quarter admitted they were worried that a tradesman would go out of business before they had finished the job, taking their money with them.

Things listed as off putting when it comes to hiring builders and tradesmen included dirty vans, mucky fingernails and even muddy boots.

Professional branding, a good website and offering references up-front were likely to reassure consumers.

The poll was carried out by Bradstone Assured, which has an approved network of landscapers that consumers can access online.

Spokesman Mike Leeming said: "Our research suggests that there is dwindling confidence when hiring tradesmen for work in the home and garden but this does not have to be the case.

"Consumers can take some simple steps to protect themselves, including taking up references, ensuring you get the full name and address of your builder or landscaper and checking professional accreditations.

"It's also a good idea to ask for a list of previous jobs so you can check the quality of their work and consider bond schemes whereby your money is held by a third party to give extra security."

But it's no wonder people are cautious when more than one in five of the adults polled have been a victim of a rogue trader, losing thousands of pounds as a result.

More than half of those polled said they thought TV programmes like Cowboy Builders and Rogue Traders are beneficial, as they inform homeowners of what to look out for.

But a nervous 15% said they make them feel even more anxious about employing workmen.

Three quarters of Brits seek advice from friends and family when looking to hire a tradesman, while 10% appeal for help from friends on social networking sites such as Facebook – a resourceful 13% even said they would ask for recommendations at their local builders merchants.

Of those polled, 12% said they have attempted a DIY job themselves which has ended in disaster.

But 10% said they were too stubborn to call a tradesman to help with a botched job.

And a third of Brits regularly ring Dad to come to the rescue.

Mike Leeming from Bradstone Assured added: "There are some jobs that are best left to the professionals.

"Often it pays dividends to get a job done properly with quality products rather than trying to attempt it yourself."

Trust thy neighbour? No way, says half of the UK

LESS than half of people in the UK trust their neighbours, according to new research.

Only 46 per cent of those quizzed for the Yorkshire Building Society Trust Study – a major independent research exercise commissioned by the UK's second largest building society – said they trust the people living closest to them.

A total of 28 per cent do not trust their neighbours and more than a quarter (26 per cent) do not even know who lives next door to them.

Sadly the problems seem to be on the rise with younger residents declaring they are less welcoming than older generations. Almost two-thirds (62 per cent) of people aged 55 or older said they trust their neighbours, but only 30 per cent of 16-24-year-olds feel the same way.

Forget popping round to say hello or turning up with a greetings card – only 34 per cent said they would actively welcome newcomers moving to their area.

Scottish and Welsh residents were the most community-minded with 38 per cent of householders in both countries willing to make new people feel at home, compared to only 13 per cent in London.

Naturally, one in ten (11 per cent) of those quizzed admitted being suspicious of new residents with another 14 per cent saying they were less trusting of people from outside their own communities.

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

A CHORUS LINE
LONDON PALLADIUM
WED 22 MAY 2013
£66 per person

Told through captivating song, riveting drama and stunning choreography, the auditionees describe the events that have shaped their lives and their decisions to become dancers. Based on true stories, Now for the first time since its award-winning London season premiered in 1975, the original creators join forces to bring this legendary musical to the world-famous London Palladium. Boasting such classics as 'One (Singular Sensation)', 'What I Did For Love' and 'At The Ballet', A Chorus Line is an iconic musical masterpiece that should not be missed.

Seats in the Royal Circle for the 1500hrs matinee

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

STRICTLY CONFIDENTIAL
MAYFLOWER THEATRE
THURS 27 JUNE 2013
Adult, Senior Citizen & Child £55

Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

Seats in the Stalls for the matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Price of fuel still tops list of concerns for motorists

DESPITE several leading supermarkets dropping fuel prices at the pumps, new research from leading vehicle remarketing company BCA, highlights that fuel costs remain a major concern for motorists.

When BCA polled used car buyers in March it found that three quarters claimed the price of fuel is their biggest worry when it comes to motoring costs and over a third are frustrated by the lack of action by the Government to tackle fuel prices. Three quarters of motorists use their car every day and one in five drivers are particularly concerned about the rising costs of motoring because they rely on their car for their work.

The top five concerns about motoring costs:

1. The price of fuel
2. The cost of Road Tax
3. Insurance costs
4. Vehicle maintenance & servicing
5. Parking

With pressure on finances, the research also revealed that motorists are taking their own steps to try to reduce costs. 29% say they now only make essential car journeys – school runs, food shopping, going to work, etc and over half use their car less for non-essential travel. 20% said they use public transport more and 23% walk more.

Prudence has also taken over when it comes to filling up at the pumps. Over a quarter said that they now only purchase the amount of fuel needed, rather than filling up the tank on each visit to the petrol station. And one in four also search online for the cheapest petrol station before heading out to fill up.

Changing to a more fuel efficient model also appears to be a growing trend, according to the BCA research, with 15% saying they have already taken this step. Nearly one in five have changed to a diesel car to cut motoring costs.

"It's clear from our survey that motorists are continuing to feel the financial pinch, as the costs of running a car continue to rise," says Tim Naylor, Editor of the BCA Used Car Market Report. "Whilst the price of

fuel still tops the list of concerns regarding motoring costs, 31% said that maintenance and servicing costs were a key issue. A quarter have delayed repairs to their car to save money and 23% have avoided recommended service intervals."

Naylor added: "However, motorists should remember that when they sell their car, buyers will place a significant value on a service history. BCA estimates that a full service history is worth up to £500 for the typical five year old 60,000 mile car valued around £7,000. Saving now may cost you more in the future."

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

CAR HIRE

Group A Car

£25.00 + Vat For 1 Day

£60.00 + Vat For 3 Days

£99.00 + Vat For 7 Days

FREE LOCAL COLLECTION FROM YOUR HOME, PLACE OF WORK OR GARAGE
APPLIES TO ALL CAR HIRE FOR ANY LENGTH OF HIRE

SERVING CHICHESTER FOR OVER 25 YEARS. ALL SIZES OF VEHICLES AVAILABLE.

West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk

FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

Football

Treble success for ladies football team

CHICHESTER COLLEGE women's football team have officially been crowned 'treble winners'! Matt Wright and his excellent squad completed their final challenge in the treble hunt on Wednesday with a hard fought 1-0 victory against Sussex Downs College. This added to the League Championship and National Plate wins last week, to complete the first treble in Chichester College's history!

The County Final was played at the Sussex FA headquarters in Lancing, the crowd were packed in, with Vice Principal Andy Green cheering from the stands. Chichester were in control throughout the game but could not find a breakthrough. The midfield was controlled by Rollie Wride and the defence marshalled by Georgina Starky. The score was 0-0 at half time, with the crowd discussing the possibility of penalties in the end of season battle. As the game wore on, Sussex Downs tired and retreated into their own half and Chichester pressed for a winner. The winner fittingly came from the outstanding Lizzy Ogden who capitalised on a mistake by their keeper to put Chichester into the lead. Chichester continued to press for a second goal and came agonisingly close twice when Starky hit the post from a long range free kick and an excellent display of technical ability from Jade Wendy who narrowly missed from a long range volley.

The National Plate final was a little easier for the team, who were absolutely outstanding against a very good Dudley College team. The final was hosted by St George's Park, the FA's new National Headquarters. Chichester started excellently with their possession very Barcelona-esq! The team were 3-0 up at half time. The half time team talk was to continue in the same manner in the 2nd half and the team did exactly that with another 3-0 score. The scorers were two a piece for Ellis, Starky and Wride.

Matt Wright was quoted during a post match press conference as saying "This team has progressed more than any other

team I have coached. It has been a fantastic season for them. A special mention needs to go to Lizzy Ogden (Captain) who has been instrumental in developing our system of play. Educating the players as Coaches has helped every aspect of their game. It has been a long tough season and the team deserve a well earned rest now!"

The team has had an excellent partnership with the Chichester City Ladies Club, providing further opportunities for the players in the community.

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL
Ticketline 0844 327 1901
Alternatively you can visit either the Queens Road or Amex ticket offices

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	42	28	10	4	114	35	79	94
REDHILL	41	28	6	7	95	42	53	90
EAST PRESTON	41	25	10	6	95	47	48	85
RYE UNITED	42	24	11	7	117	57	60	83
PAGHAM	42	26	5	11	90	52	38	83
LINGFIELD	42	23	7	12	102	78	24	76
EAST GRINSTEAD TOWN	42	21	6	15	97	65	32	69
RINGMER	42	20	9	13	76	68	8	69
HASSOCKS	41	20	7	14	94	67	27	67
HORSHAM YMCA	42	19	7	16	97	71	26	64
ST FRANCIS RANGERS	42	17	8	17	76	73	3	59
HAILSHAM TOWN	41	17	2	22	77	90	-13	53
LANCING	42	14	10	18	80	75	5	52
ARUNDEL	42	14	8	20	61	86	-25	50
CROWBOROUGH ATHLETIC	42	15	5	22	68	99	-31	50
SIDLEY UNITED	42	13	7	22	67	87	20	46
SHOREHAM	42	14	4	24	69	106	-37	46
SELSEY	42	11	12	19	53	76	23	45
CHICHESTER CITY	42	12	6	24	63	107	44	42
DORKING WANDERERS	42	10	11	21	62	80	-18	41
AFC UCKFIELD	42	5	4	33	53	141	-88	19
WORTHING UNITED	42	3	7	32	43	147	104	16

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	34	26	4	4	91	27	64	82
NEWHAVEN	34	22	4	8	80	52	28	70
LITTLE COMMON	34	21	5	8	84	43	51	68
EASTBOURNE UNITED AFC	34	20	5	9	97	64	33	65
WESTFIELD	34	17	7	10	67	56	11	58
*ROADWATER HEATH	34	17	4	13	82	62	20	55
MILE OAK	34	15	8	11	65	57	8	53
MIDHURST & EASEBOURNE	34	14	9	11	80	73	7	51
LOXWOOD	34	14	7	13	57	60	-3	49
STEYNING TOWN	34	14	6	14	73	61	12	48
BEXHILL UNITED	34	12	10	12	67	71	-4	46
SEAFORD TOWN	34	12	8	14	64	64	0	44
STORRINGTON	34	12	7	15	50	67	17	43
SOUTHWICK	34	9	4	21	58	75	-17	31
OAKWOOD	34	8	7	19	62	88	-26	31
WICK	34	8	7	19	44	74	30	31
RUSTINGTON	34	7	8	19	53	81	-28	29
SALTDEAN UNITED	34	2	2	30	37	256	-119	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	22	17	3	2	71	23	48	54
HAYWARDS HEATH TOWN	22	16	5	1	59	13	46	53
BARNHAM	22	14	3	5	73	30	43	45
BILLINGSHURST	22	10	5	7	45	37	8	35
CLYMPING	22	9	5	8	35	29	6	32
UCKFIELD TOWN	22	9	5	8	41	43	-2	32
FERRING	22	9	7	6	51	45	6	*31
ROFFEY	22	6	4	12	33	50	-17	22
HURSTPIERPOINT	22	6	4	12	24	42	18	22
IFIELD	22	4	5	13	34	52	18	17
ROTTINGDEAN VILLAGE	22	4	2	16	28	76	-48	14
TD SHIPLEY	22	3	2	17	15	69	-54	11

* 3 Pts deducted – ineligible player

Wish you were here?
Make Russells your summer destination!
xxx

Russells

THE COASTAL GARDEN COMPANY

WEBER BBQ'S • AWARD WINNING RESTAURANT • BOUTIQUE DELI
LIFESTYLE FURNITURE • COASTAL GIFTS • HUNDREDS OF PLANTS & TREES

RUSSELLS GARDEN CENTRE AND BOUTIQUE DELI - BIRDHAM
WWW.RUSSELLSGARDENCENTRE.COM
FIND US ON THE ROAD TO WEST WITTERING BEACH